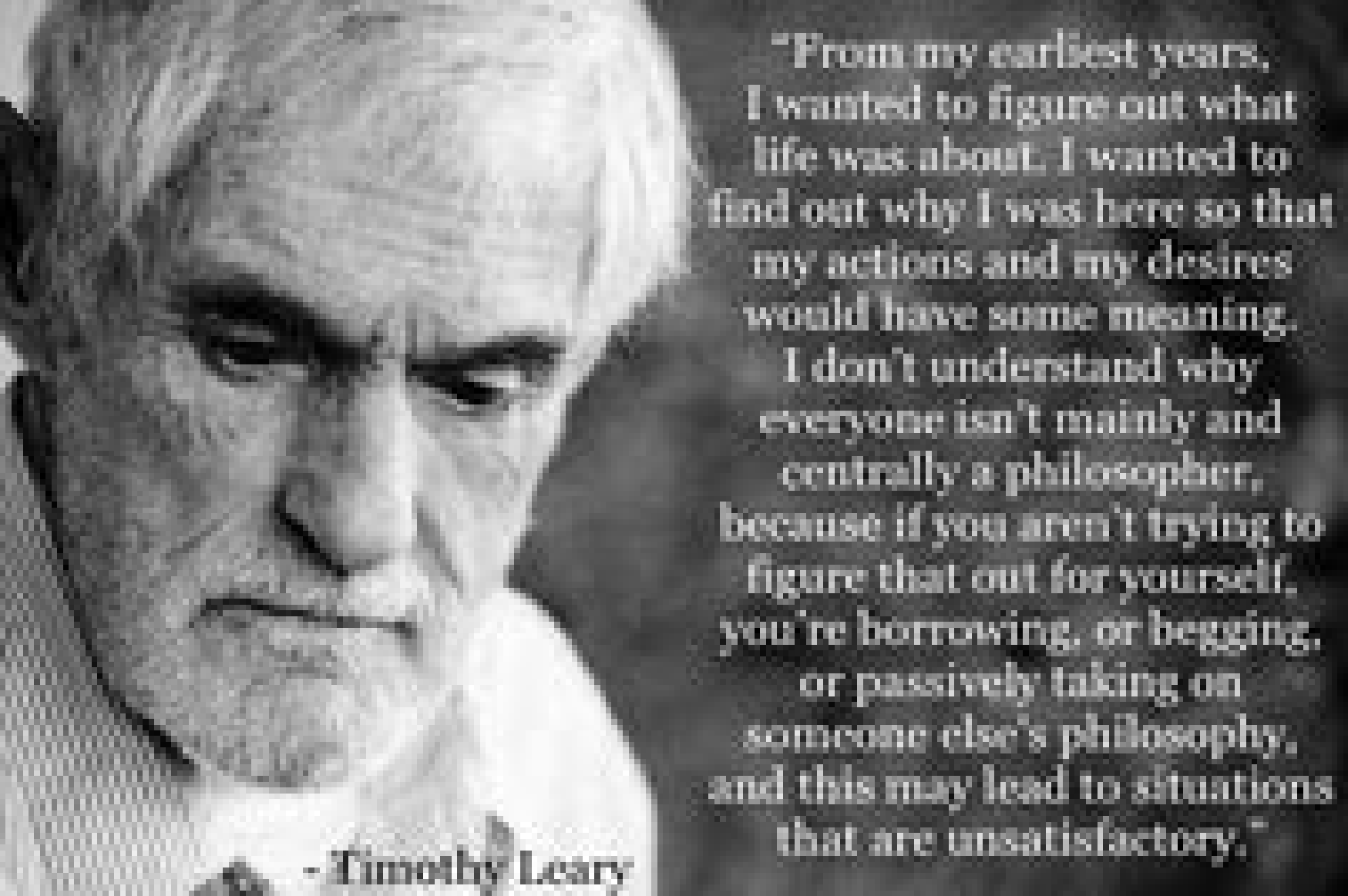

"From my earliest years,
I wanted to figure out what
life was about. I wanted to
find out why I was here so that
my actions and my desires
would have some meaning.
I don't understand why
everyone isn't mainly and
centrally a philosopher,
because if you aren't trying to
figure that out for yourself,
you're borrowing, or begging,
or passively taking on
someone else's philosophy,
and this may lead to situations
that are unsatisfactory."
- Timothy Leary

6 Ways to Improve Self-Awareness

by @inner_drive | www.innerdrive.co.uk

Ask for Feedback

Then you can identify and modify any incorrect views that you have established about yourself.

Recognise Your Strengths & Weaknesses

This allows you to sustain your strengths and work on your weaknesses.

Self-Reflect

This unlocks thoughts and emotions that might otherwise be disregarded.

Monitor Your Self-Talk

Make sure that your self-talk is positive and that you celebrate your wins and don't dwell on your failures.

Practice Saying "No"

Set yourself a goal for the number of temptations you will resist each day. Saying "no" may not give you immediate gratification but instead long-term gain.

Question Your Decisions

Ensure that any decisions you make are good ones by coming up with three reasons as to why you should pursue them. This will allow you to better understand your motives and be confident that you have chosen the best available option.

26 Questions to Help You Know Yourself Better

1. What are my strengths?
2. What are my short-term goals and long-term goals?
3. Who matters most to me?
4. What am I ashamed of?
5. What do I like to do for fun?
6. What new activities am I interested in or willing to try?
7. What am I worried about?
8. What are my values? What do I believe in?
9. If I could have one wish, it would be _____
10. Where do I feel safest?
11. What or who gives me comfort?
12. If I wasn't afraid, I would _____
13. What is my proudest accomplishment?
14. What is my biggest failure?
15. Am I a night owl or an early bird?
16. What do I like about my job? What do I dislike?
17. What does my inner critic tell me?
18. What do I do to show myself self-compassion and self-care?
19. Am I an introvert or an extrovert?
20. What am I passionate about?
21. What is my happiest memory?
22. What do my dreams tell me?
23. What is my favorite book? Movie? Band? Food? Color? Animal?
24. What am I grateful for?
25. When I'm feeling down I like to _____
26. I know I'm stressed when I _____

To think for yourself
you must question authority
and learn how to put yourself
in a state of vulnerable,
open-mindedness;
chaotic, confused, vulnerability
to inform yourself.

Timothy Leary

wordables.

Accomplish BIG Things With a

GROWTH MINDSET!

Success Begins With Believing You Can

Instead of Thinking...	Think This...
I can't do it.	I'm still learning. I'll keep trying!
I'm not good at this.	What can I learn to get better at this?
It's good enough.	Is this the best I can do?
It's too hard.	With more practice it will get easier!
I'm afraid of making a mistake.	Mistakes are how I learn & get better!
They are better at it than I am.	What can I learn from them?
I don't know how.	I can learn how!
I can't make this any better.	I can always find ways to improve!
I don't like challenges.	Challenges make me better!
I give up.	I'll try a different way!

things you can control

your effort

who you hang out with

how personally you take things

how seriously you take life

what you believe

your happiness

your priorities

how open-minded you are

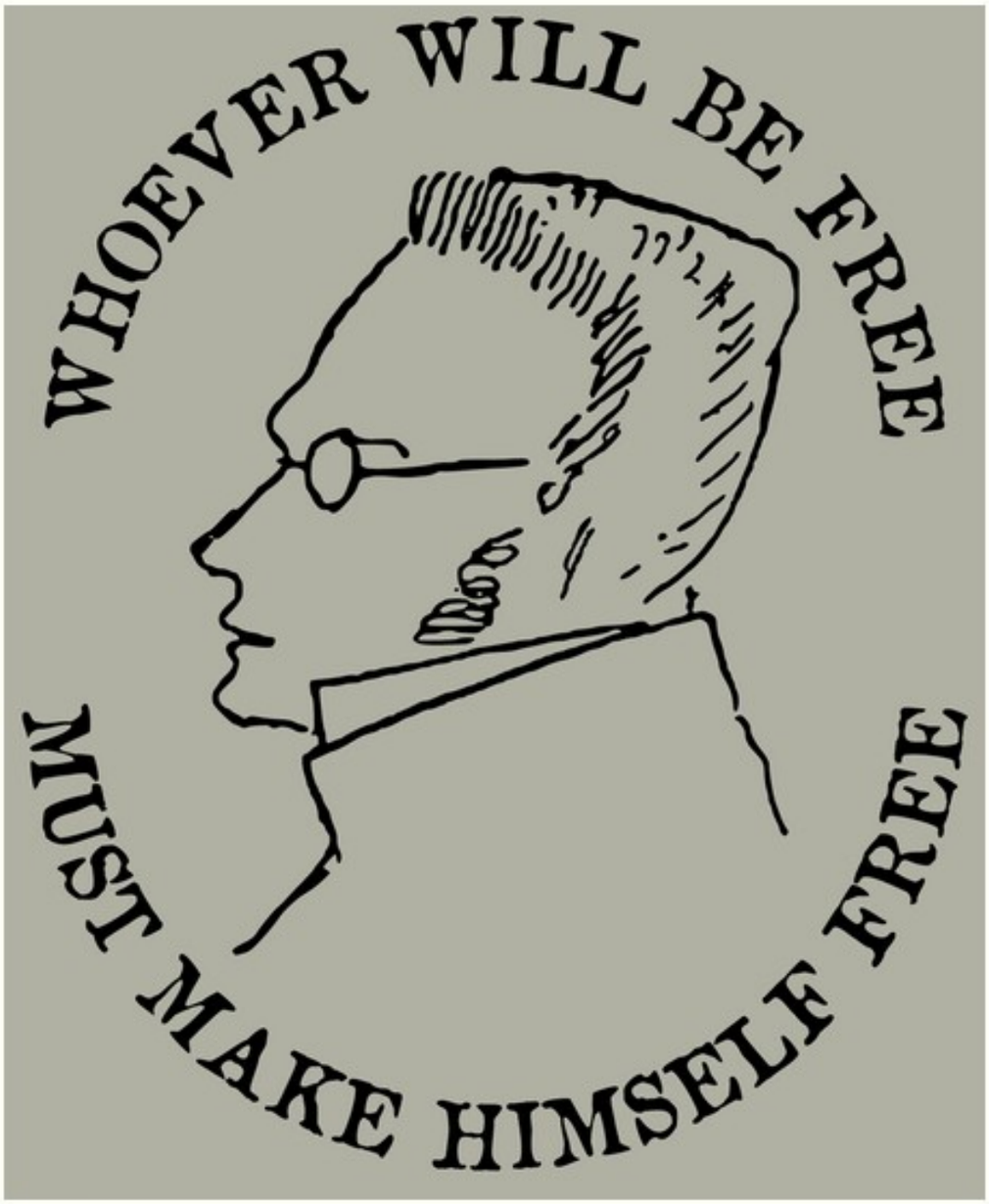
what you think about

what you talk about

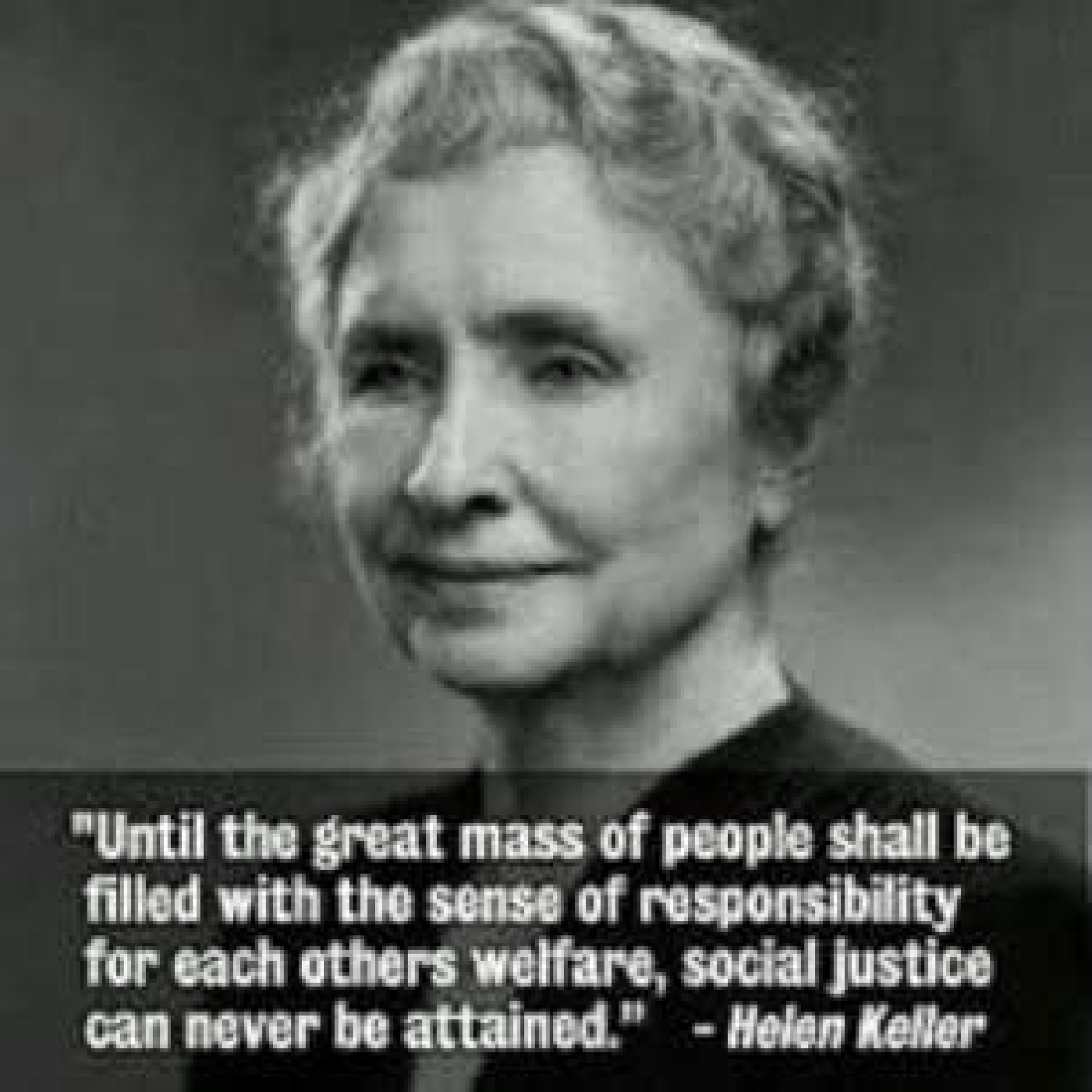
what you eat

how kind you are

dreamstime


WHOEVER WILL BE FREE
MUST MAKE HIMSELF FREE

"THE PAST CAN HURT. BUT THE WAY I SEE IT, YOU CAN EITHER RUN FROM IT, OR LEARN FROM IT.
RAFIKI
CHIROSUSHI


"Until the great mass of people shall be filled with the sense of responsibility for each others welfare, social justice can never be attained." - Helen Keller

LEBENSZIELE

Glücklich sein
1. ~~Reich sein~~

Meinen Träumen folgen
2. ~~Karriere machen~~

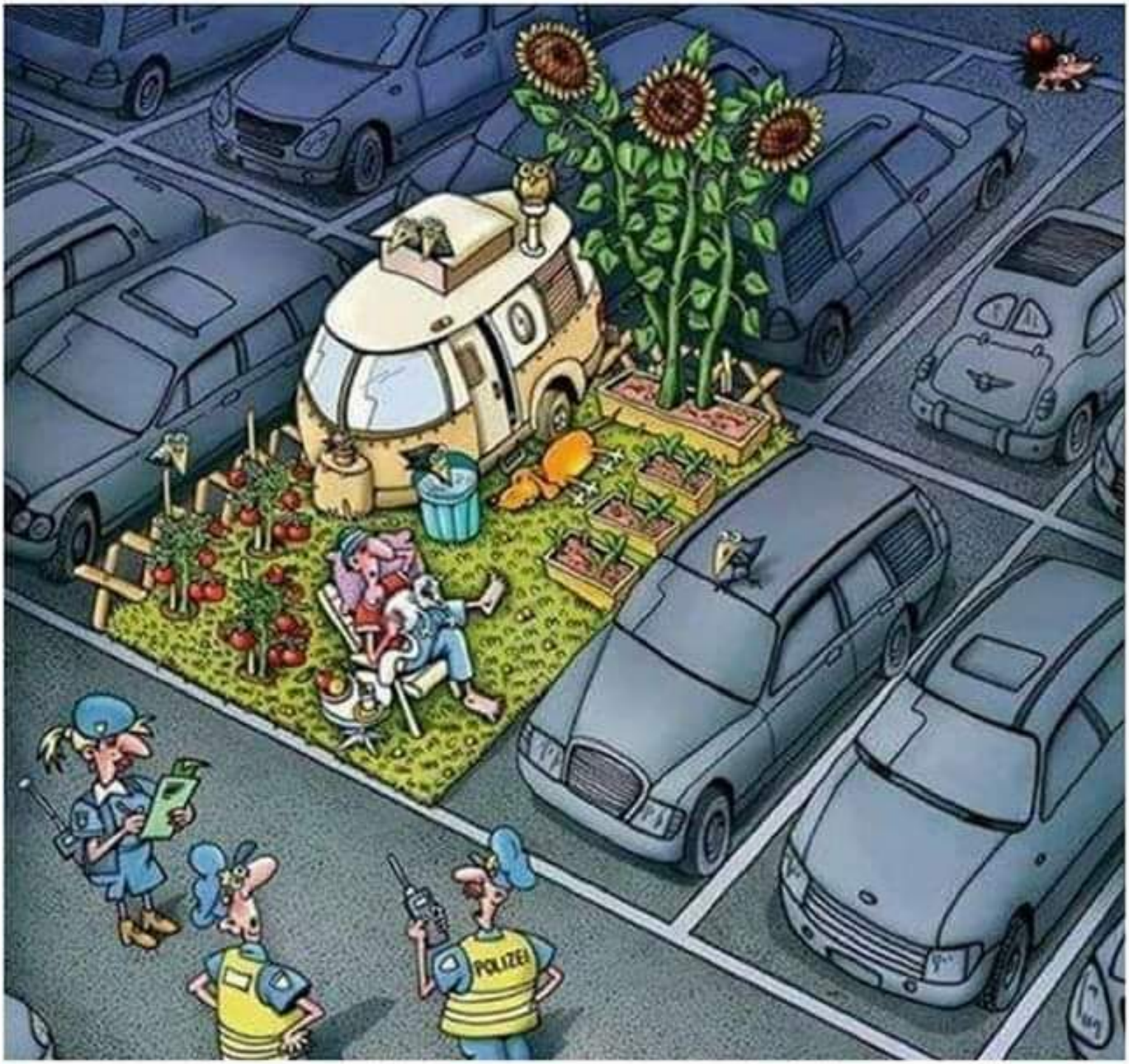
Inneren Frieden
3. ~~Traumpartner~~ finden

Erinnerungen
4. Schöne ~~Dinge~~ sammeln

Die Welt bereist haben
5. ~~In einer Villa wohnen~~

Mich selbst
6. ~~Andere Leute~~ beeindrucken

Tatsächlich
7. ~~Im Luxus~~ leben



Das Geheimnis der **Veränderung** ist, dass man sich mit all seiner **Energie** nicht darauf **konzentriert**, das Alte zu **bekämpfen**, sondern darauf, das Neue zu **erbauen**.

- SOKRATES

Freiheit der Gedanken

this letter is for you,

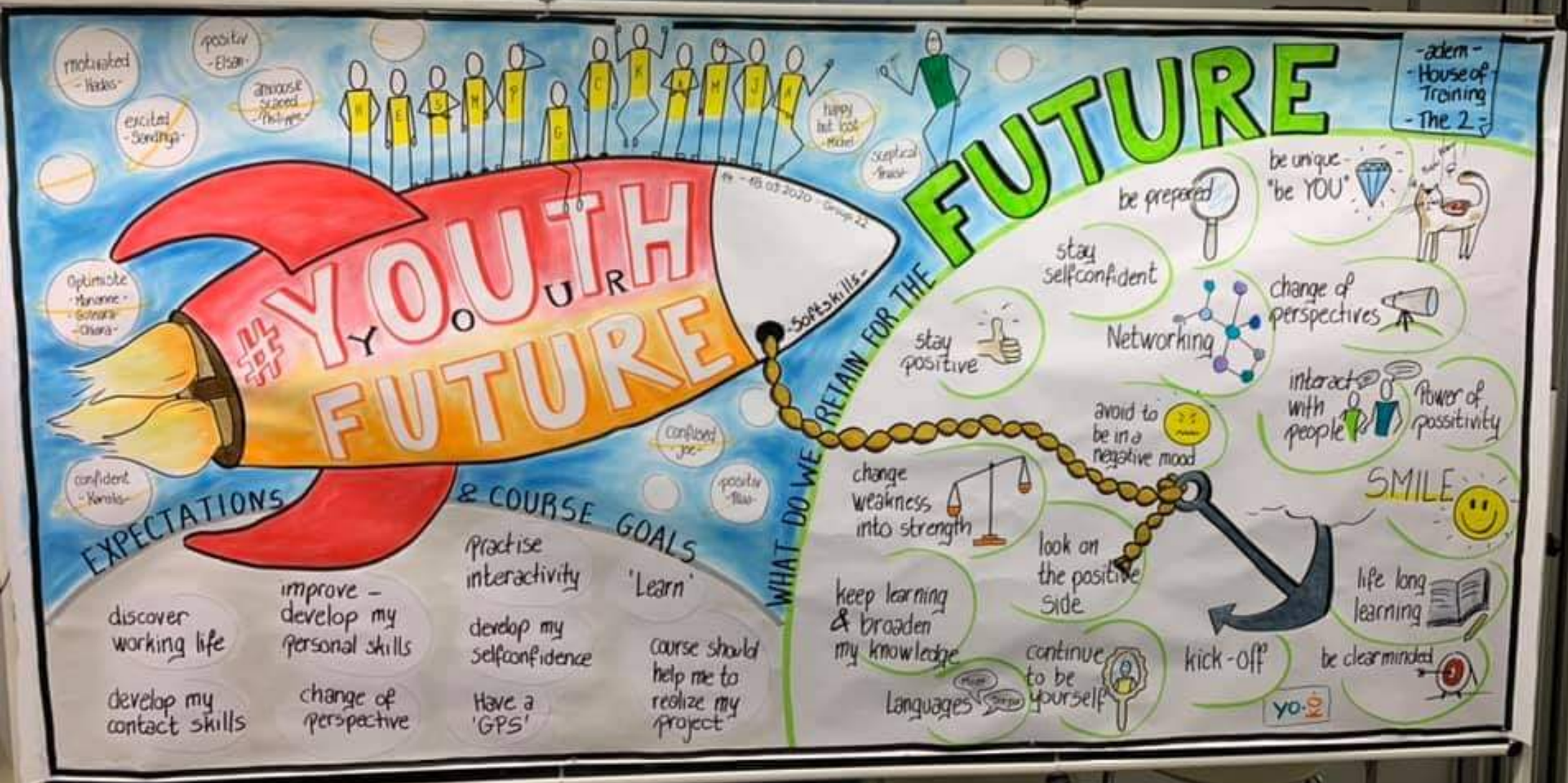
#EmpoweringWomenNow

The you that's had a rough week. The you that seems to be under constant storm clouds. the you that feels that their life is slipping by. The one that has lost faith. The one that blames yourself for everything that goes wrong. To you.

You are incredible. You make this world a better place. You have so much potential and things left to do. You have time. Better things are coming your way, please hang in there. You can do wonderful things.

12 steps to self care

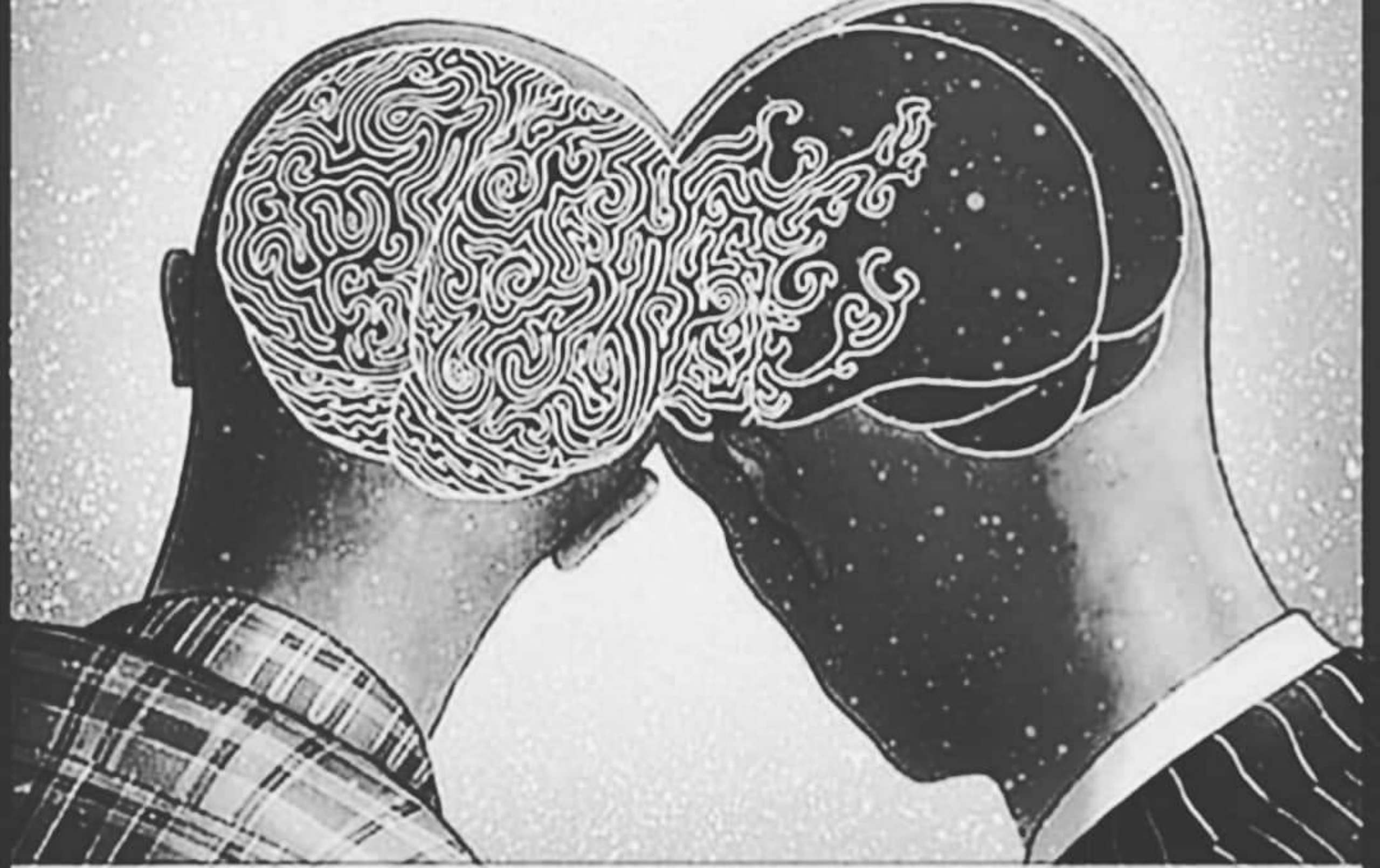
1. If it feels wrong, don't do it.
2. Say exactly what you mean.
3. Don't be a people pleaser.
4. Trust your instincts.
5. Never speak bad about yourself.
6. Never give up on your dreams.
7. Don't be afraid to say no.
8. Don't be afraid to say yes.
9. Be kind to yourself.
10. Let go of what you can't control.
11. stay away from drama and negativity.
12. Love.


motivated - Hades -
positiv - Elsa -
amazed - Pocahontas -
excited - Sending -
Optimiste - Marianne - Schwarz - Chiara -
confident - Kamila -
confident - joe -
positiv - Max -
happy but tired - Michel
sceptical - Anaïs -
YOUR FUTURE
- 18.03.2020 - Group 22
- Soft skills -
EXPECTATIONS & COURSE GOALS
discover working life
improve - develop my personal skills
develop my contact skills
change of perspective
Practise interactivity
develop my selfconfidence
Have a 'GPS'
'Learn'
course should help me to realize my project
WHAT DO WE RETAIN FOR THE FUTURE
- adem - House of Training - The 2 -
be prepared
be unique - "be YOU"
stay selfconfident
change of perspectives
Networking
stay positive
interact with people
Power of possitivity
avoid to be in a negative mood
change weakness into strength
SMILE
look on the positive side
life long learning
keep learning & broaden my knowledge
continue to be yourself
kick-off
be clear minded
Languages
YO-

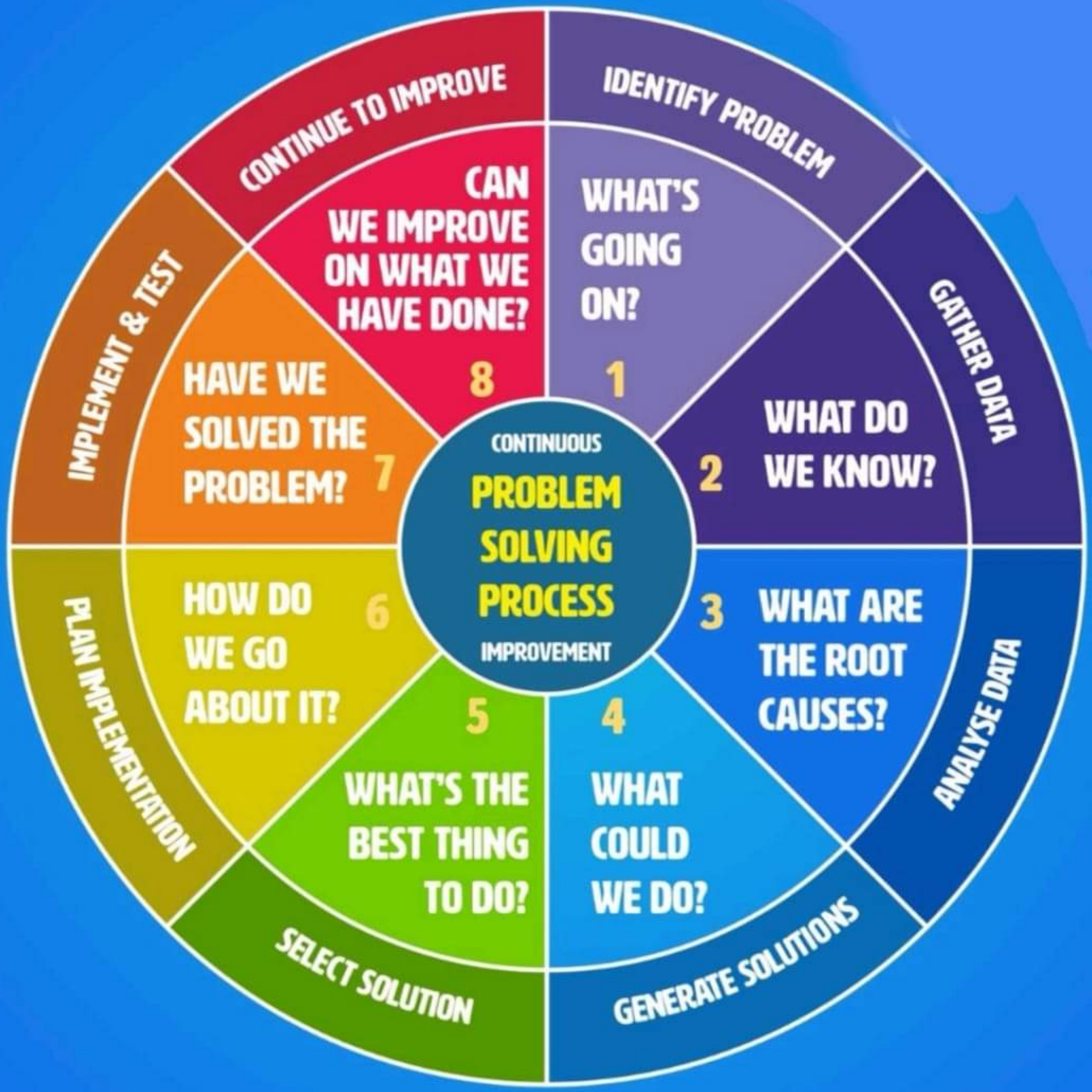
Your text goes here

The challenge of leadership is to
be strong, but not rude;
be kind, but not weak;
be bold, but not bully;
be thoughtful, but not lazy;
be humble, but not timid;
be proud, but not arrogant;
have humour, but not folly.
-Jim Rohn

eXelerate Non-Stop



You become what you surround yourself with.
Energies are contagious.
Choose carefully. Your environment will become you.


CONTINUE TO IMPROVE
IDENTIFY PROBLEM
CAN WE IMPROVE ON WHAT WE HAVE DONE?
8
WHAT'S GOING ON?
1
IMPLEMENT & TEST
GATHER DATA
HAVE WE SOLVED THE PROBLEM?
7
CONTINUOUS
PROBLEM SOLVING PROCESS
IMPROVEMENT
2
WHAT DO WE KNOW?
PLAN IMPLEMENTATION
HOW DO WE GO ABOUT IT?
6
3
WHAT ARE THE ROOT CAUSES?
ANALYSE DATA
5
4
WHAT'S THE BEST THING TO DO?
WHAT COULD WE DO?
SELECT SOLUTION
GENERATE SOLUTIONS

Social Skills

- Ability to Influence Others
- Great at Conflict Management
- Expert in Networking / Building Teams

Motivation

- Ability to Remain Optimistic
- Understands How/ When to Motivate Intrinsically
- Understands How/ When to Motivate Extrinsically

Self-Awareness

- Ability to Assess Own Strengths / Weaknesses
- Self Confidence
- Understanding of How You Affect Your Team

Empathy

- Ability to Understand the Feelings of Others
- Great at Building / Retaining Talent
- Can Anticipate, Identify and Meet Customer Needs

Self-Regulation

- Ability to be Comfortable with Change
- Not Allowing Own Emotions to Affect Others
- Considered Trustworthy by Team

A

PESSIMIST

SEES THE

DIFFICULTY

IN EVERY

OPPORTUNITY

AN

OPTIMIST

SEES THE

OPPORTUNITY

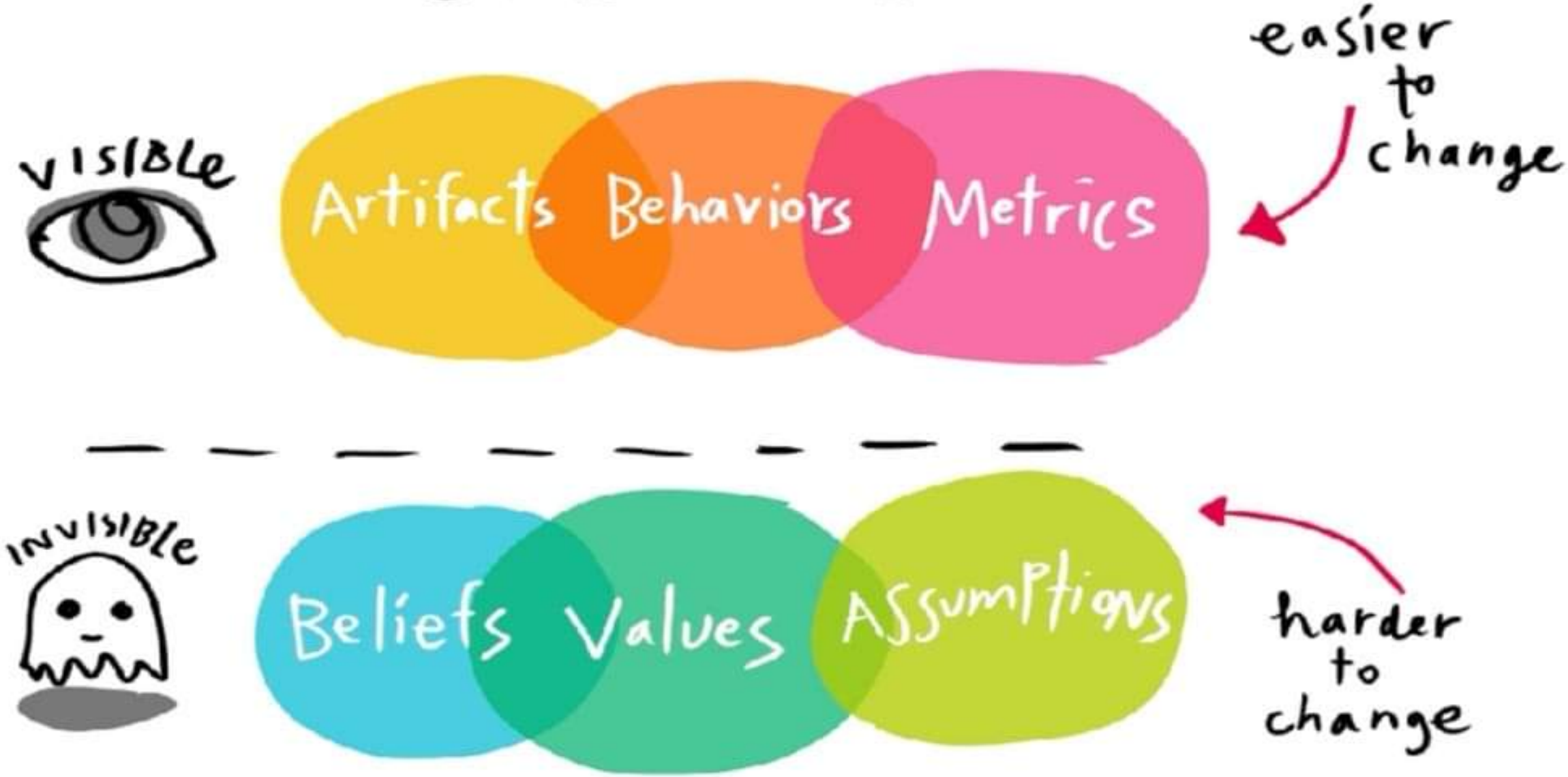
IN EVERY

DIFFICULTY

SIR WINSTON CHURCHILL
(1874 - 1965)

1. Communicate Openly
2. Listen Actively
3. Demonstrate Empathy
4. Be Trustworthy
5. Be Authentic
6. Say Thank You
7. Walk the Talk
8. Be Open to Learn from them
9. Keep to your Commitments
10. Celebrate their Successes

CULTURE


easier to change
VISIBLE
Artifacts
Behaviors
Metrics
INVISIBLE
Beliefs
Values
Assumptions
harder to change

STORY TELLING IS IMPORTANT DURING CORPORATE TRAINING

These stories should:

- Use senses
- Not be boring
- Be concrete
- Be Social
- Reduce stress
- Have patterns and structure
- Connect information
- Reduce cognitive overload

Follow him on Twitter: twitter.com/srahatkazmi
Join Facebook Fan's page : facebook.com/TrainingConsultant
LinkedIn Profile: linkedin.com/in/rahatkazmi

The secret to getting rich on Wall Street as per Warren Buffet, "Try to be greedy when others are fearful. And try to be fearful when others are greedy".

5 Types of People to Surround Yourself with

The inspired

The motivated

The open-minded

The passionate

The grateful

1. You see gorgeous girl in party, you go to her & say I am rich marry me.
That's Direct Marketing.

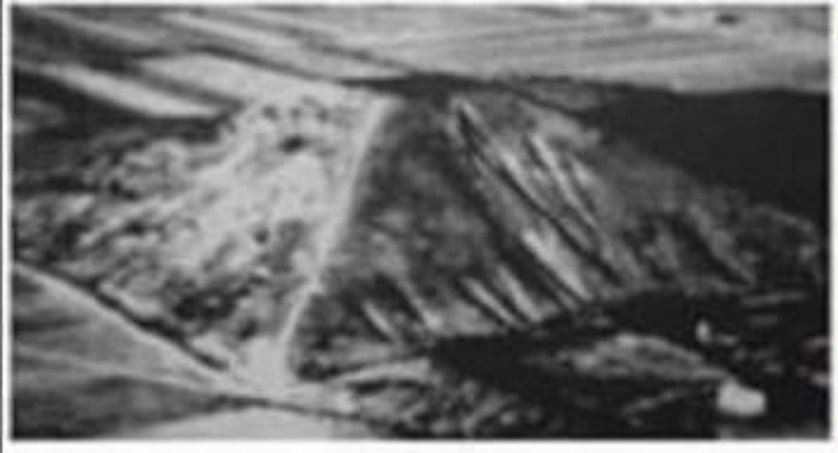
2. You attend party & your friend goes to a girl & pointing at you tells her, He' is very rich, marry him..
" That's Advertising"

3. Girl walks to you & says u are rich, can u marry me?
"That's Brand Recognition"

4. You say I m very rich marry me & she slaps you
"That's Customer Feedback"

5. You say I m very rich marry me & she introduces you to her husband.
"That's Demand & Supply Gap"

6. Before you say I m rich, marry me, your wife arrives
That's Restriction from Entering New Market...



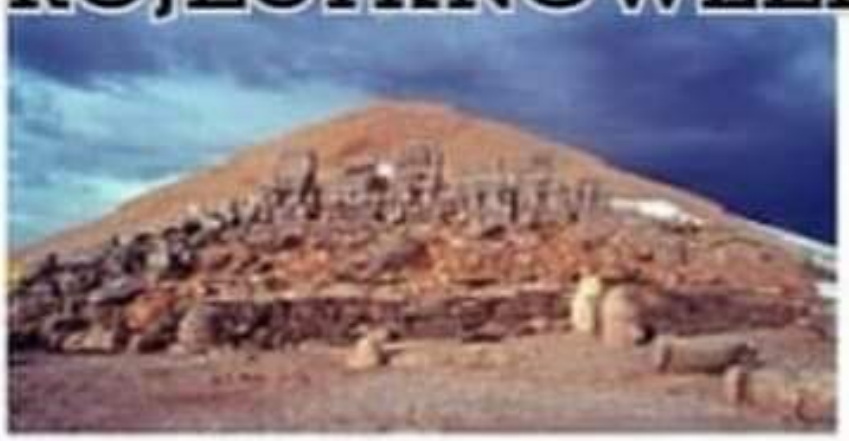
China

Mexico

Egypt

IGPROJECTKNOWLEDGE

United States



Turkey

Indonesia

France

Canary Islands

Italy

Most people think of Egypt when the word "pyramid" is mentioned. Although the Egyptian pyramids are today most well known and keep attracting tourists, we must not forget that pyramids were built worldwide in ancient times.

Despite the claim that the pyramid was a tomb, a number of Egyptologists do recognize that the intent of the pyramid still remains a mystery. Some of the investigated pyramids are astronomically aligned, while others reveal strange energy properties. The truth is that the purpose of constructing pyramids is still unknown.

"Every time I thought
I was being rejected
from something good, I was
actually being re-directed
to something better."

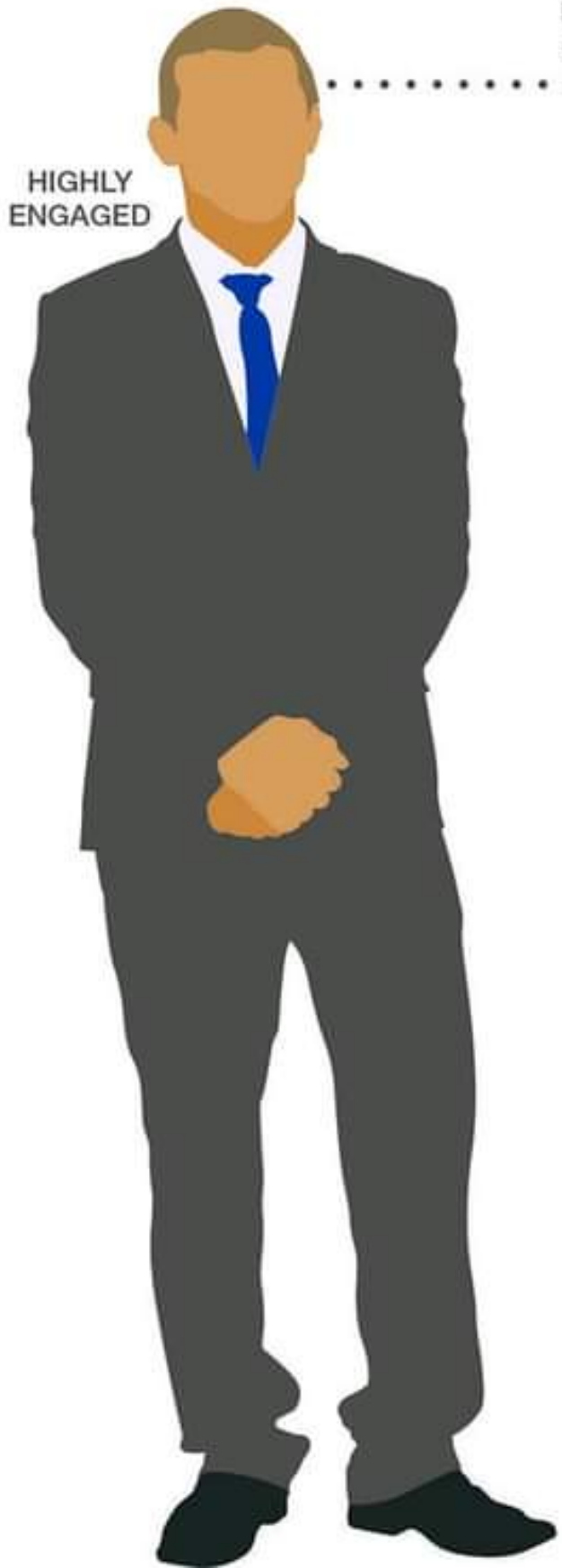
Learning not only helps build skills, it can change your mindset, boost confidence, and reduce work burnout.

DID YOU KNOW?

"NONE CAN DESTROY IRON, BUT IT'S OWN RUST CAN. LIKEWISE, NONE CAN DESTROY A PERSON, BUT HIS OWN MINDSET CAN"

"The Comfort Zone"

WHAT MAKES AN EMPLOYEE HIGHLY ENGAGED?



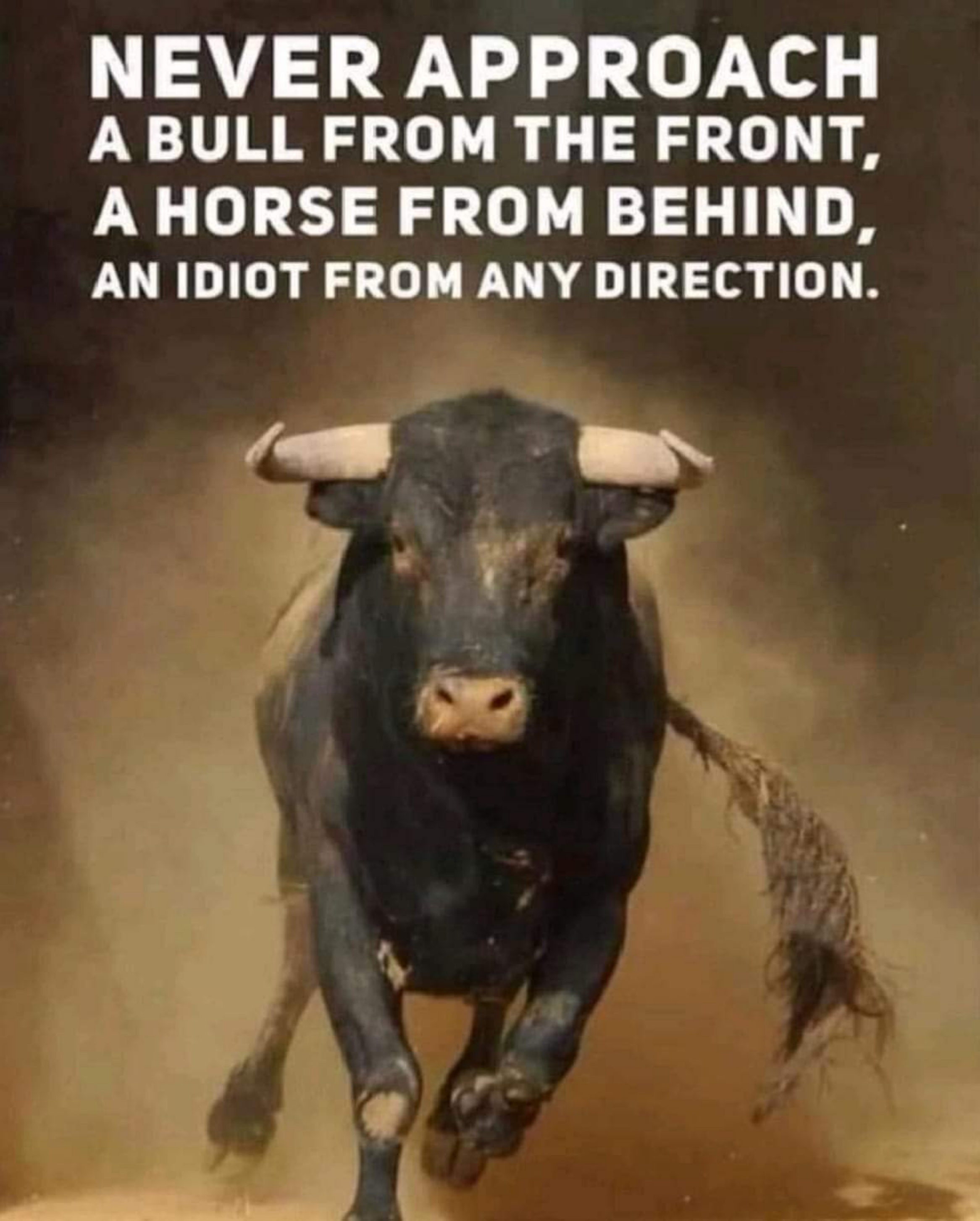
Proportion of highly engaged employees experiencing this		Proportion of low or no engagement employees experiencing this
92%	Someone has talked about their progress	13%
97%	Someone encourages their development	10%
88%	They have been praised recently	13%
98%	They have opportunities to learn and grow	13%
74%	They have a best friend at work	19%
98%	Their manager cares about them	20%
98%	They view their job as important to the company	22%
91%	Their opinions count at work	19%
93%	Their colleagues are committed to quality work	44%
99%	They are able to do their best every day	53%
98%	They have equipment needed to do their job	70%
99%	They know what is expected of them at work	89%

None can destroy iron, but its own **rust** can. Likewise, none can destroy a **person** but his own mindset can. Take the stones people throw at you and use them to build a monument.

"The Comfort Zone"

The secret of change is to focus all of your energy, not on fighting the old, but in building the new

SOCRATES


NEVER APPROACH
A BULL FROM THE FRONT,
A HORSE FROM BEHIND,
AN IDIOT FROM ANY DIRECTION.

Happiness is never a destination or ultimate purpose. It is an ongoing journey. Few people can discover the true meaning of happiness and fewer are capable of living a happy life.

When **nobody** else **celebrates** you, learn to celebrate yourself. **When nobody** else compliments you, then **compliment yourself**. It's not up to other people to **keep** you **encouraged**. It's up to you. Encouragement **should come** from the inside.

USE THE

21/90

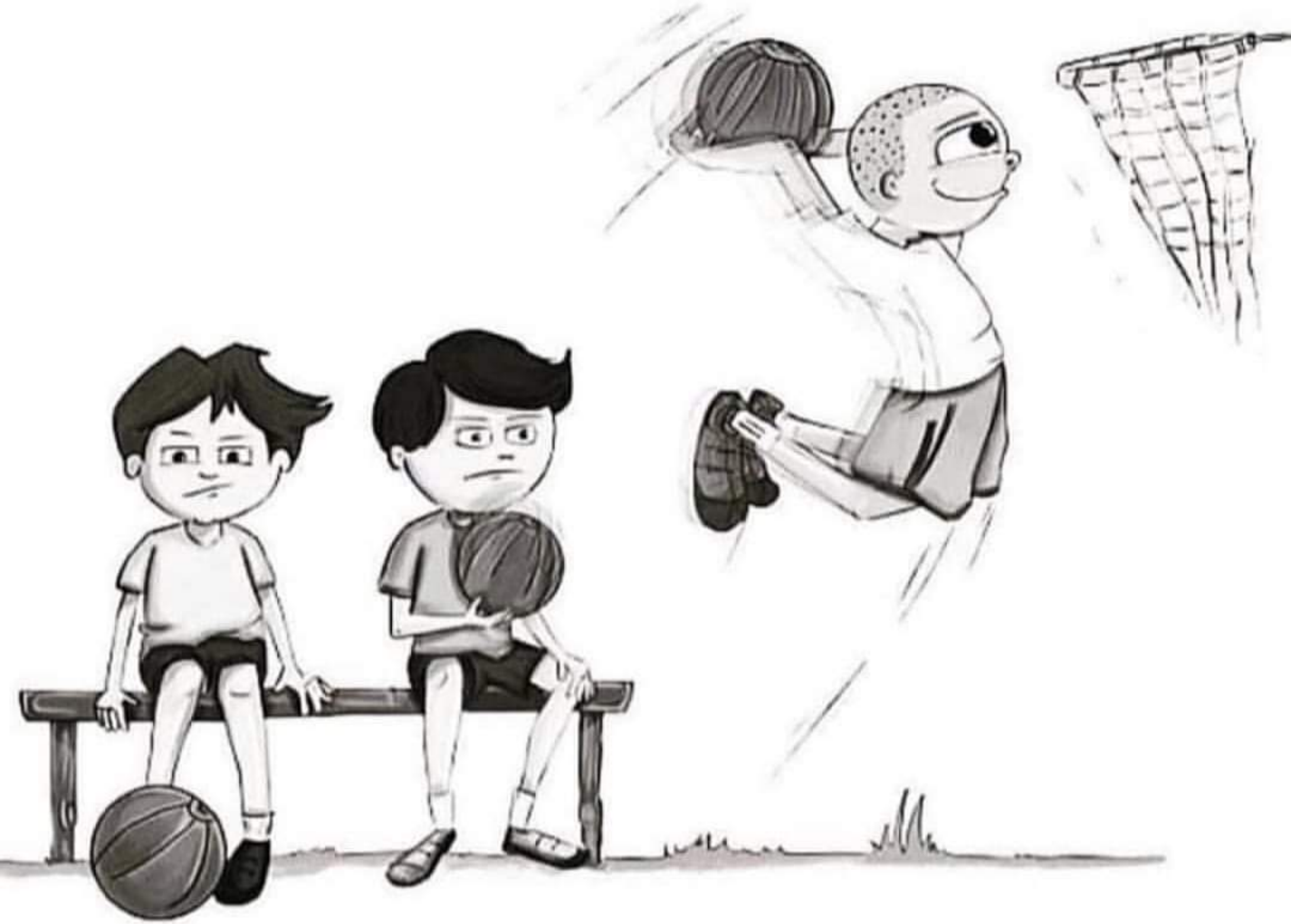
RULE:

It takes 21 days to create a habit,

It takes 90 days to create a lifestyle

SUCCESSFUL is :

“S - See your goal
U - Understand the obstacles
C - Create a positive mental picture
C - Clear your mind of self-doubt
E - Embrace all challenges
S - Sacrifice free time
S - Show the world you can do it
F - Feed your focus
U - Utilize all opportunities
L - Learn from all failures”



Some People
Want It To Happen,

Some Wish It
Would Happen,

Others Make
It Happen.

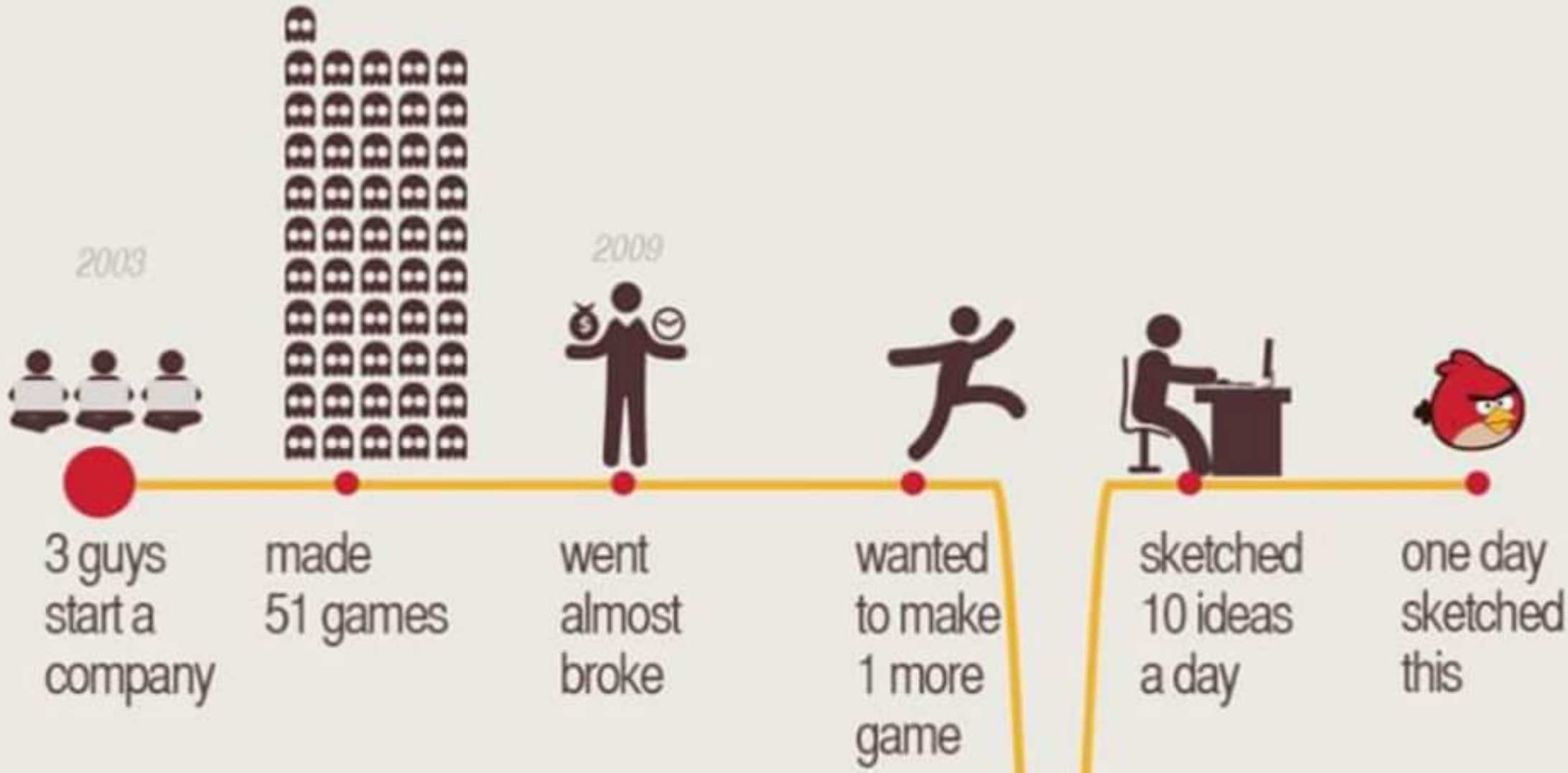
- Michael Jordan

LEARNING
PRACTICE
THEORY

HOW ANGRY BIRDS STARTED

by Anna Vital

or How Many Tries Are Behind the 2-Billion Download Game

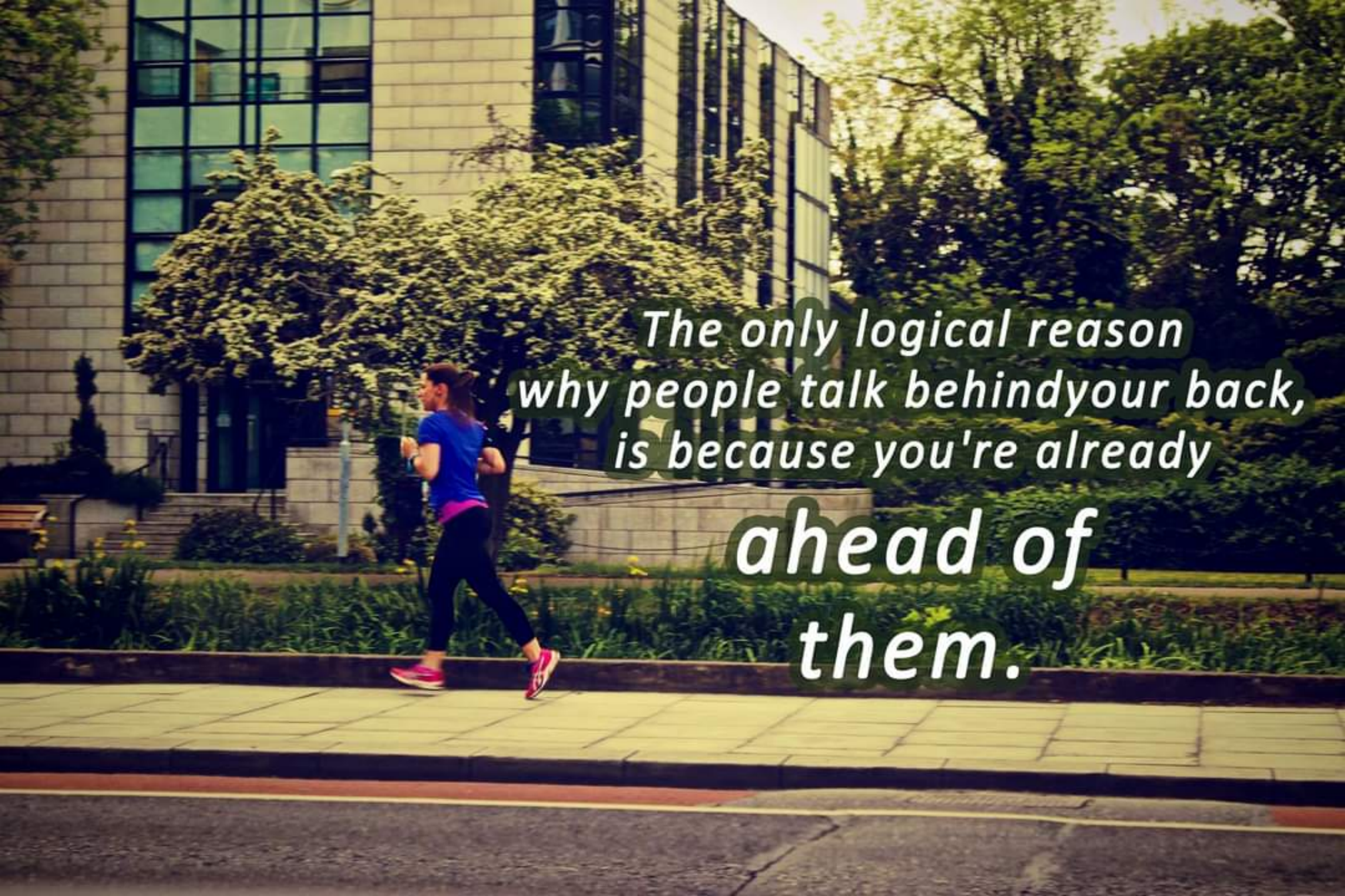


THERE IS NO FAILURE EXCEPT IN NO LONGER TRYING.

Elbert Hubbard

F&F Funders and Founders

HUMAN
ROAD
MAP
food
health
nutrition
vitality
energy
power
shelter
clothing
refuge
safety
resources
cover
strength
support
talent
purpose
skill
dignity
role
worth
value
ability
status
recognition
importance
significance
meaning
respect
esteem
measure
construct
long
maintain
achieve
guard
control
survey
yearn
judge
adapt
assess
devise
seek
detect
pursue
crave
possess
ensure
adopt
obtain
scan
honored
included
welcome
wanted
cared for
accepted
regarded
desired
appreciated
considered
connected
supported
attached
thanked
chase
need
seize
assay
strive
manage
grasp
acquire


The only logical reason
why people talk behindyour back,
is because you're already
ahead of
them.

THE TURNOVER PROCESS

Some companies hire for Reason 1, some companies for Reason 1 and 2,
but most companies lose people because of Reason 3

REASON 1

Smile
Composure
Looks
Dress
Personality
Manners
Interests
Goals

SUPERFICAL

REASON 2

Education
Certification
Titles
Skills
Credentials
Training
Knowledge
Experience

KNOWLEDGE & EXPERIANCE

REASON 3

Personal Responsibility
Communication
Social Skill
Self -Control
Attitude
Adaptability
Commitment
Stress Management
Self-Management
Mortivation

SOCIAL / EMOTIONAL INTELLIGENCE

http://www.conovercompany.com/education/success-profiler/

CERTIFICATE IN SOFT SKILL DEVELOPMENT

Time - 10 Days (Sundays 9.00am - 4.30pm)
Starting Date - 05th February 2017
Location - Rayal Skill Center - Colombo 7
Language - Bilingual

Life Skill Academy

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www.facebook.com/LifeSkillAcademylk
www.linkedin.com/company/life-skill-academy

WORK ETHIC
HONESTY
DEPENDABILITY
RESPONSIBILITY
DEDICATION
TEAM LEADER
GOAL ORIENTATED
PROFESSIONALISM
RELIABILITY
PUNCTUALITY

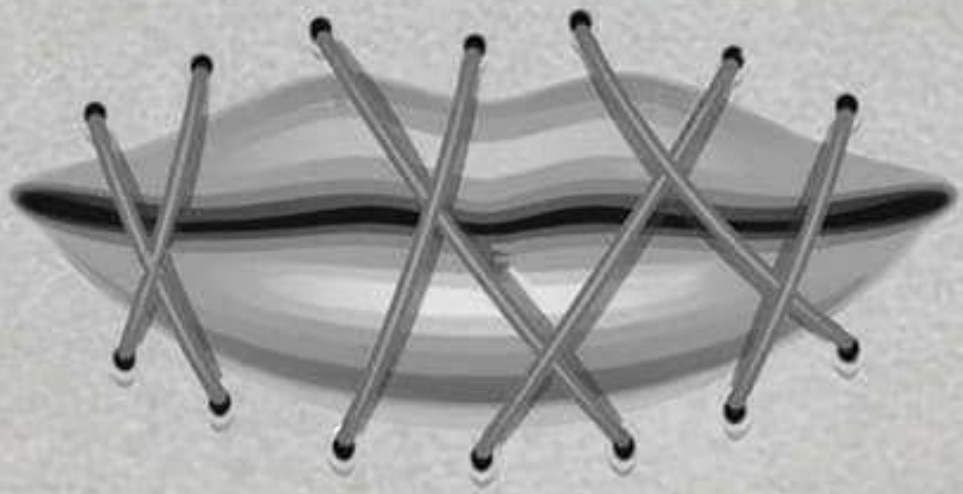
Effective Communication Skills
Written Communication
Nonverbal Communication
Presentation Skills
Patient Education
Compassion
Cultural Awareness
Personal Connections
Trust
Verbal Communication
Active Listening

LESSON IN LIFE

A wise man sat in the audience and cracked a joke.
Everybody laughs like crazy.
After a moment, he cracked the same joke again.
This time, less people laughed.
He cracked the same joke again and again.
When there is no laughter in the crowd,

he smiled and said:

You can't laugh at the same joke again and again,
but why do you keep crying over the same thing
over and over again?



Sometimes
you have to keep your
good news to yourself.
Everybody in not
genuinely happy
for you.

"WISE MEN SPEAK BECAUSE THEY HAVE SOMETHING TO SAY; FOOLS BECAUSE THEY HAVE TO SAY SOMETHING."
CONVERSATIONSWITHAPURPOSE.COM

Distance doesn't matter

When roots of your relationship are strong enough.

nyabazar

"Good Communication is just as stimulating as black coffee, and just as hard to sleep after."

www.nyabazar.com

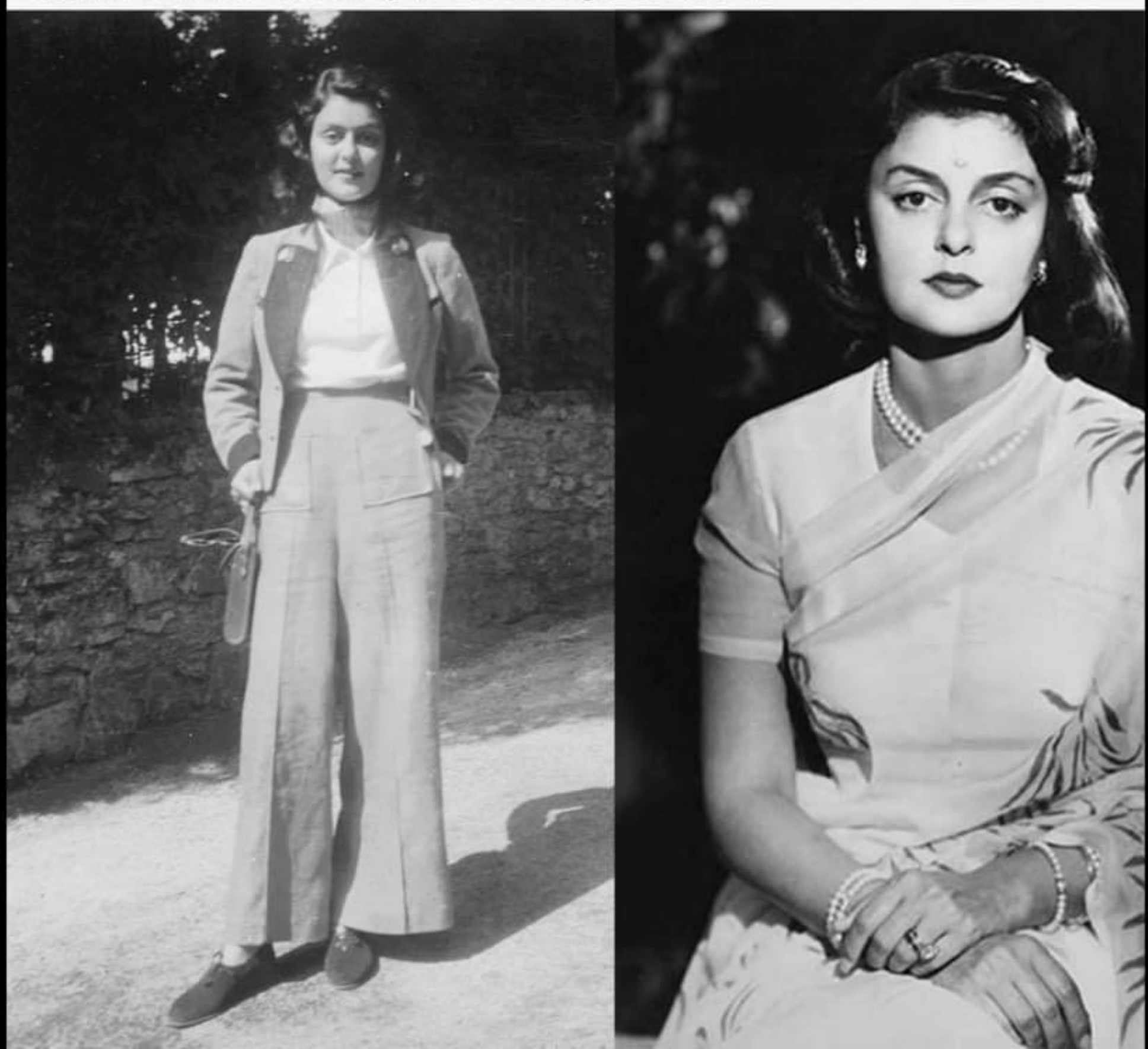
WHO WHAT WEAR

The key to looking great isn't following all of the latest fashion trends. It's staying true to your personal style. But what if you don't know what your style is?

Time to Experiment

You know, you were always too scared to wear that top because it was probably too bright. Well, this is the time to check. You can make all your fashion blunders and nobody will remember you for them. Well, because nobody would know about them!

By the end of the lockdown, you might as well know what not to buy, the nex time you want to go shopping. Which is probably going to be as soon as the lockdown lifts! Try out the clothes hidden deep inside your closet because y didn't know whether they would look good or not.



MINDSET
IS EVERYTHING

KOAK EDUCATION®

Knowledge of All Knowledges

Never give up work. Work gives you meaning and purpose and life is empty without it.

- Stephen Hawkings

@myselflovesupply

THE THREE PILLAR SELF-CARE CHECKLIST

Swipe →

Physical

- Movement
- Nutrition
- Water
- Sleep
- Time outside
- Nature
- Grounding
- Hobbies

Mental

- Meditation
- Journaling
- Gratitude
- Productivity
- Creativity
- Seeking help
- Learning
- Time off

Emotional

- Self-talk
- Digital breaks
- Empathy
- Boundaries
- Connection
- Emotions check-in

www.AnuragAggarwal.online

1 First They IGNORE You

2 Then They LAUGH AT You

3 Then They CRITICIZE You

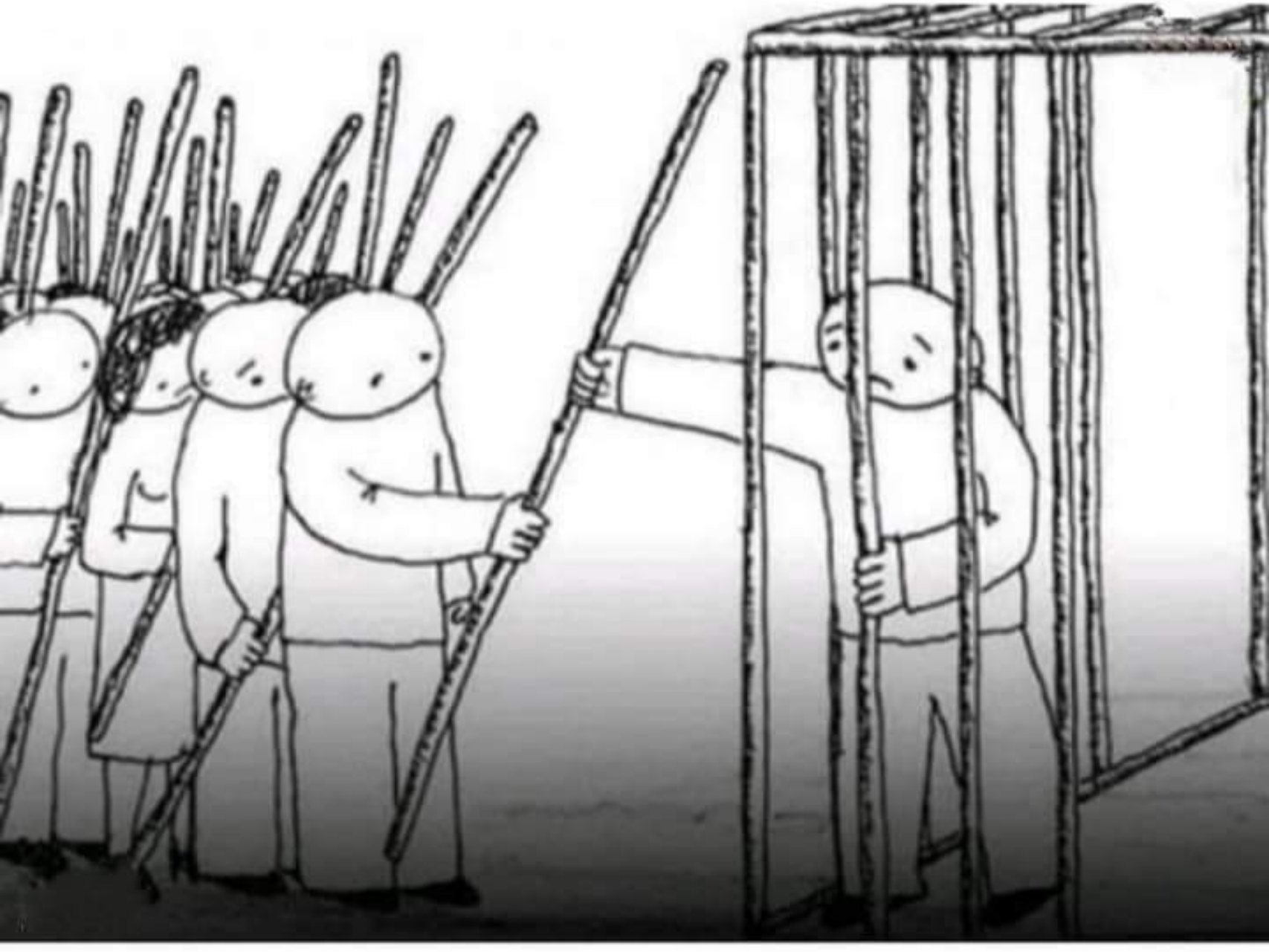
4 Then They ASK YOU HOW YOU DO IT

@iamanuragaggarwal

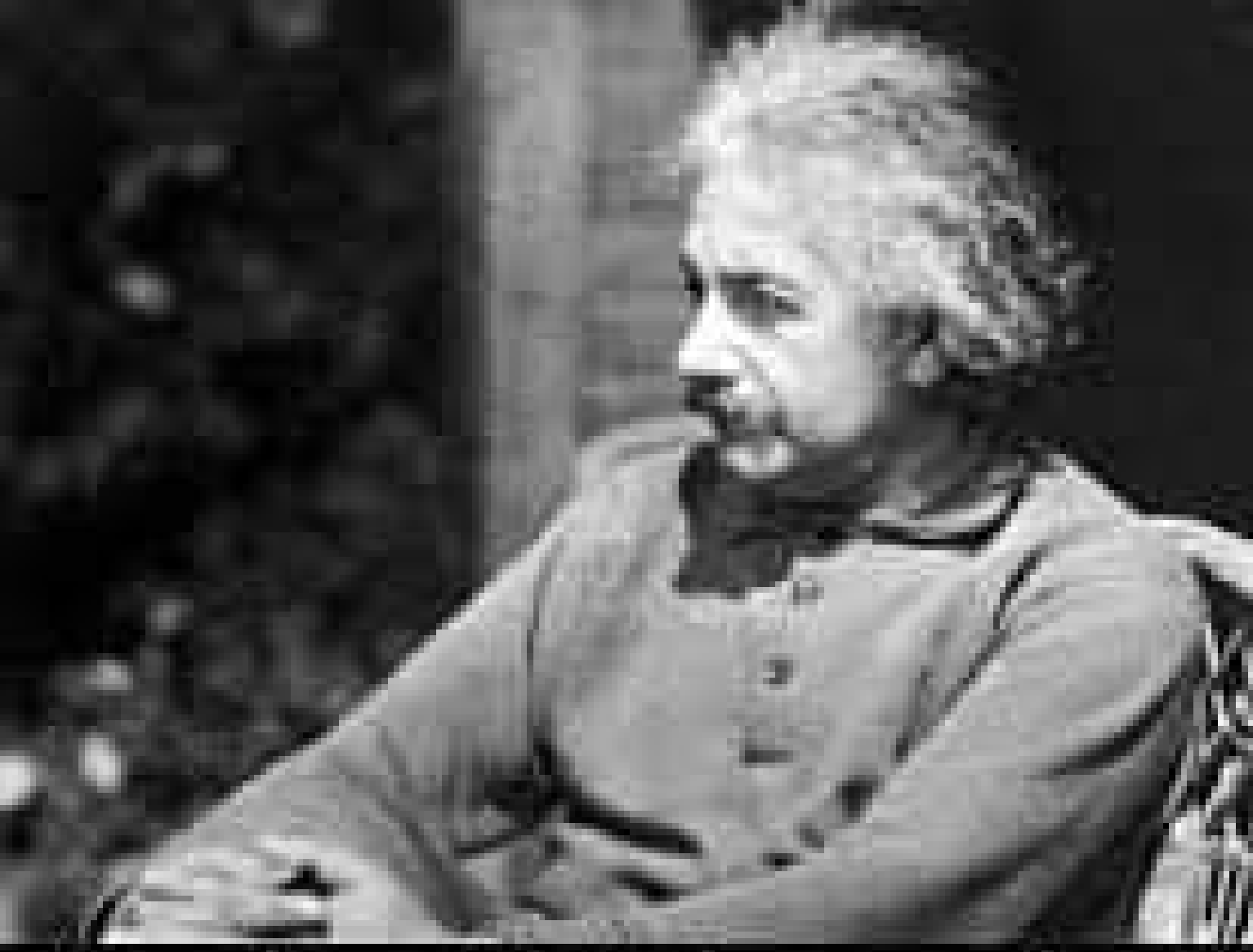
International Inspirational Speaker | Leadership Consultant

We're living in a fake environment with fake food, fake news and fake people and it's slowly poisoning our souls.

Don't build a Prison for yourself with the opinion of others towards your life 💯



Always listen to yourself 👌



"Be a loner. That gives you time to wonder, to search for the truth. Have holy curiosity. Make your life worth living."

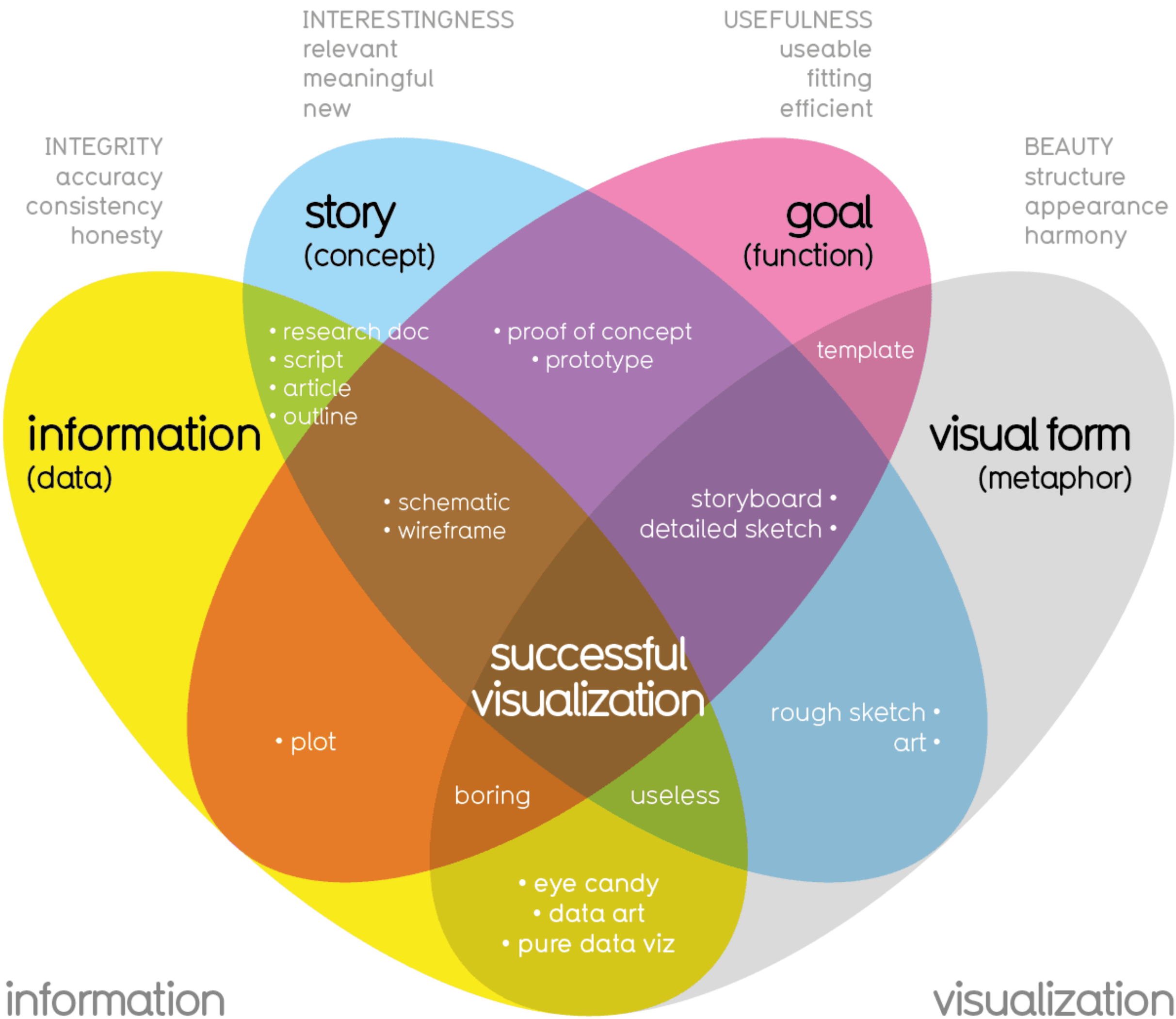
—Albert Einstein
Einstein and the Poet

Information is Power. Think For Yourself. CAUTION: proper use of the brain is not endorsed by federal governments nor huge corporations involved in serious financial profit from a brainwashed and enslaved population. Mild discomfort may occur as confusing independent thought challenges popular views of the world.

Timothy Leary

www.idlehearts.com

What Makes a Good Visualization?



information
the art of journalism
structuring & harmonising information

visualization
the art of design
structuring & harmonising visuals

David McCandless
InformationisBeautiful.net

find out more
bit.ly/KIB_Books

OLDQUOTES.COM

Throughout human history, as our species has faced the frightening, terrorizing fact that we do not know who we are, or where we are going in this ocean of chaos, it has been the authorities, the political, the religious, the educational authorities who attempted to comfort us by giving us order, rules, regulations, informing, forming in our minds their view of reality. To think for yourself you must question authority and learn how to put yourself in a state of vulnerable, open-mindedness; chaotic, confused, vulnerability to inform yourself.

-Timothy Leary

EDITORIAL WORDS

LEARNING ENGLISH & IMPROVING VOCABULARY

WWW.EDITORIALWORDS.COM

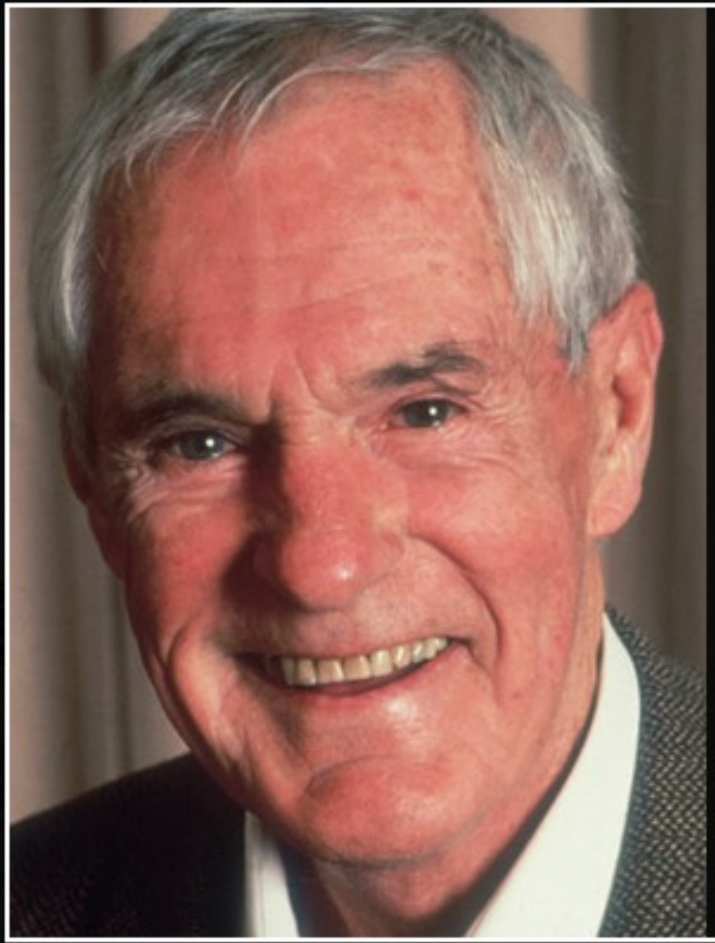
PHRASE OF THE DAY

30SEP20

the emperor's new clothes

(phrase)

used to explain a situation where people are afraid to criticize a powerful person because all others (i.e., companions & followers) admire him/her pretending whatever he/she says is true (or he/she does is of value).



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— *Timothy Leary* —

AZ QUOTES

15:58

SUCCESSFUL PEOPLE	UNSUCCESSFUL PEOPLE
-READ DAILY	-WATCH TV DAILY
-COMPLIMENT	-CRITICIZE
-EMBRACE CHANGE	-FEAR CHANGE
-FORGIVE OTHERS	-HOLD A GRUDGE
-TALK ABOUT IDEAS	-TALK ABOUT PEOPLE
-CONTINUOSLY LEARN	-THINK THEY KNOW IT ALL
-ACCEPT RESPONSIBILITY FOR THEIR FAILURES	-BLAME OTHERS FOR THEIR FAILURES
-HAVE A SENSE OF GRATITUDE	-HAVE A SENSE OF ENTITLEMENT
-SET GOLS AND DEVELOPE LIFE PLANS	-NEVER SET GOALS

VITALIZE•ONE

Vitalize.One

Folgen

Vitalize.One on Instagram: “Defeat may test you; it need not stop you. If at first you don't succeed, try another way.

Besuchen

Merken

Joshua Colpron

15:59
cricket
39% 10:22 PM

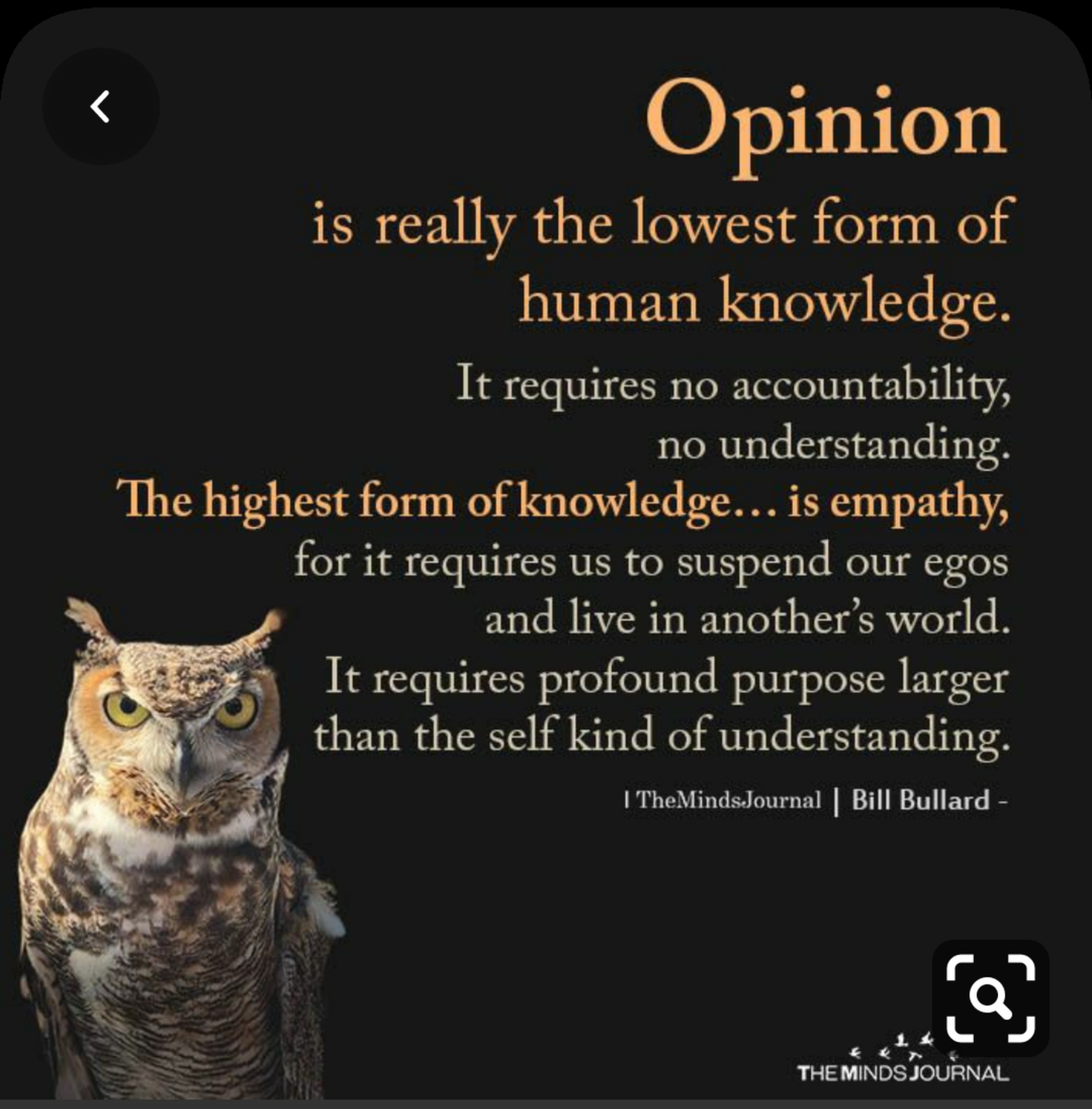
8 Toxic People You Should Just Get Rid Of:

1. Those who spread negativity.
2. Those who criticize you all the time.
3. Those who waste your time.
4. Those who are jealous.
5. Those who play the victim.
6. Those who don't care.
7. Those who are self-centered.
8. Those who keep disappointing you.

www.TheLawOfAttraction.com

Anzeigen
Merken

17:11



themindsjournal
1,3 mio. Follower
Folgen

Opinion Is Really The Lowest Form Of Human Knowledge

Opinion is really the lowest form of human knowledge. It requires no accountability, no understanding. The highest form of knowledge

Lesen
Merken

17:20

Quelle **zerosophy.com**

"Self-discipline is the ability to make yourself do what you should do, when you should do it, whether you feel like it or not." -- Elbert Hubbard Your ability

Mehr

Besuchen

Merken

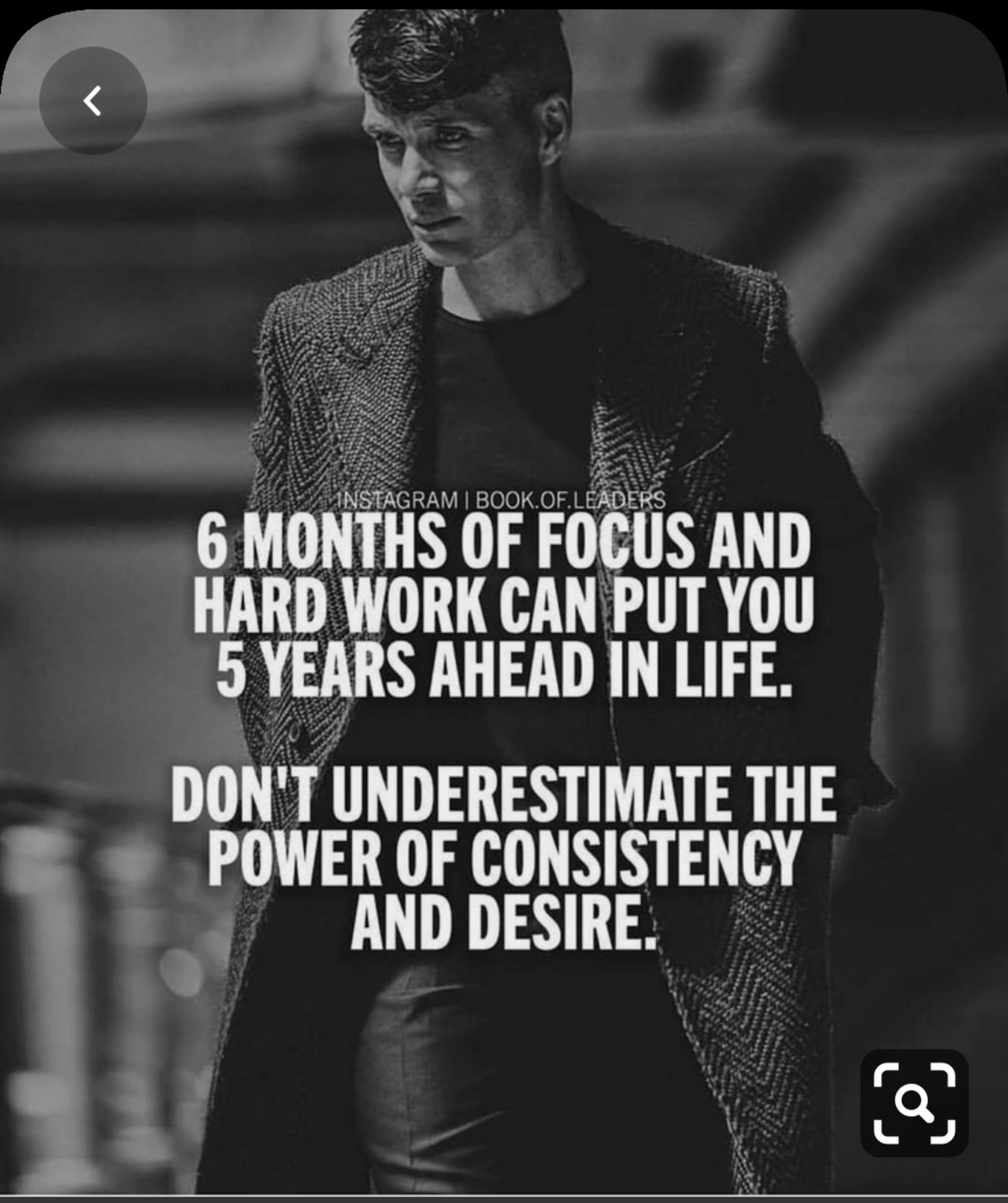
Teile Feedback, stelle eine Frag
ein High

zufügen

Wendy Ferguson hat sich den Pin

989

17:46



Quelle **tattooworld.iniblo.com**

Ich glaube fest daran. #Motiviert #makeithappen #hardworkpaysoffs #discipline Ich glaube fest daran. #Motiviert #makeithappen

Mehr

Besuchen

Merken

Teile Feedback, stelle eine Frage oder gib

Kommentar hinzufügen

17:47

5 Ways To Increase Your Intelligence

1. Seek novelty

Seek out new activities, experiences, and information. Learn an instrument. Take an art class. Go to a museum. Learn a new subject. When you expose yourself to new things, you create new neural connections that build on each other and create an optimal environment for learning.

2. Challenge yourself

Efficiency hinders cognitive growth. As soon as you start to become proficient in a subject or activity, move on to the next one. Always be challenged by what you are doing. This keeps your brain constantly making new neural connections, creating an optimal environment for learning.

3. Think creatively

Engage both your left and right hemispheres. Think across a wide range of subjects. Make connections between remote ideas. Alternate between conventional and unconventional thinking. Look for unorthodox solutions.

4. Do things the hard way

Your brain needs exercise just like your body. Technology can weaken your cognitive abilities if relied on too much. Use your memory instead of GPS. Use your spelling skills instead of auto correct. Do the math in your head instead of reaching for the calculator.

5. Network

Exposing yourself to a variety of people gives you opportunities to see problems from a new perspective, or offer insights in ways that you hadn't thought of before. This helps you to think in new and different ways.

Lesen
Merken

18:32

Quelle instagram.com

Besuchen

Merken

Candy

18:42

Quelle **The WHOot**

15 Things To Give Up Today To Be Happy | The WHOot

You will love our post that shows you things to give

Lesen Merken

07:44

HOW TO REMEMBER (ALMOST) ANYTHING

Quiz, don't reread.

Recalling information builds pathways that strengthen recall in the future. Passive exposure rarely makes things stick.

Visualize it.

Associating information to sensations is memorable, and vision is the strongest sensory cue for most people.

Structure it.

Break up the information into parts or sub-parts. Put related things together in a meaningful order.

Give it meaning.

Your brain is set up to capture information that means something to you. Before you try to remember something, be sure you understand it.

Relate it to yourself.

Personal relevance makes things stick and takes advantage of what you already know.

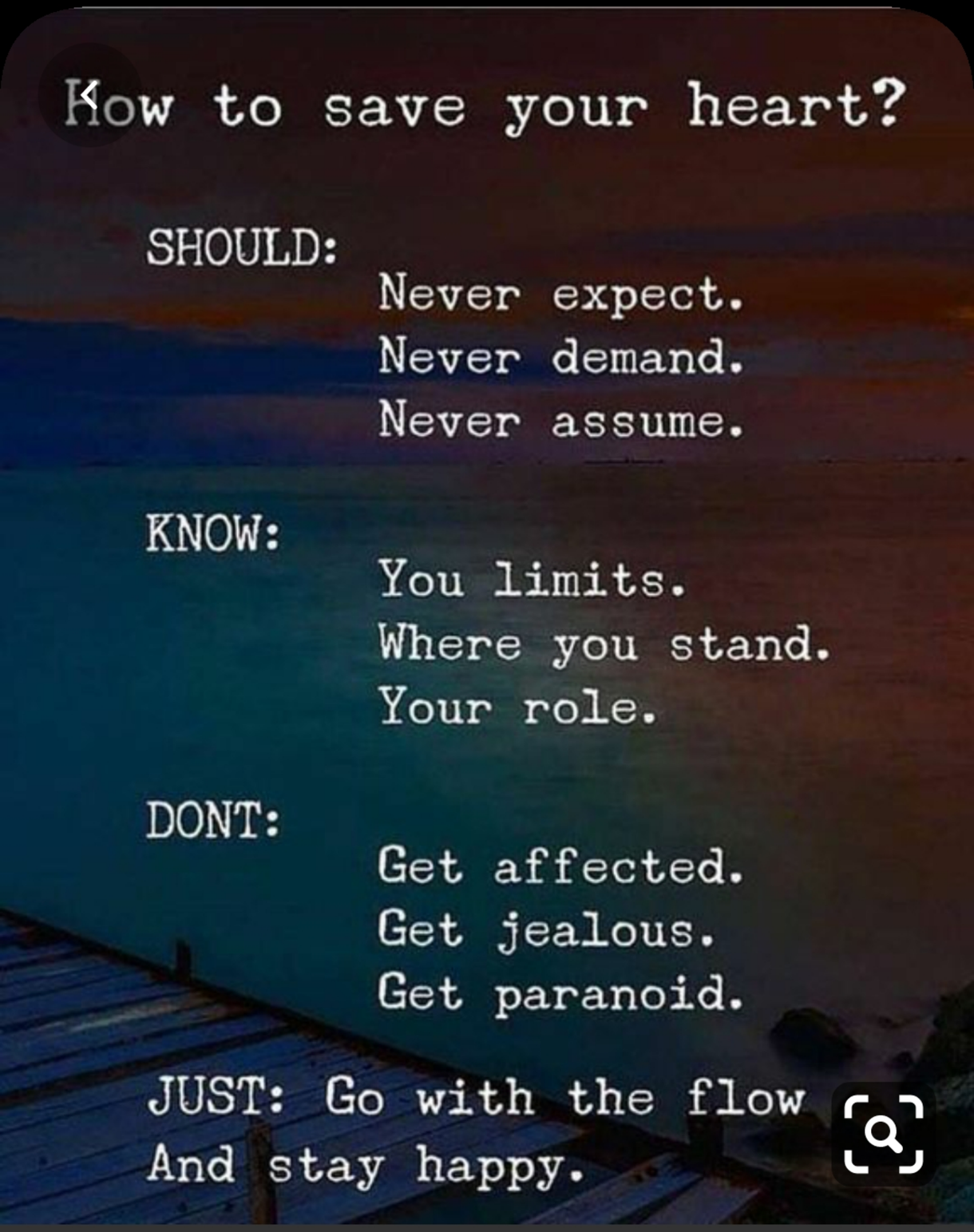
Create a cue.

Figure out what is most forgettable about the information and link that to something that's more vivid or easier to recall.

Infographic by Michelle D. Miller, Ph.D., NAU University College

Photography
463 Follower
Folgen
Anzeigen
Merken
Fotos Kommentare

07:44



Quelle thinkpozitiv.tumblr.com

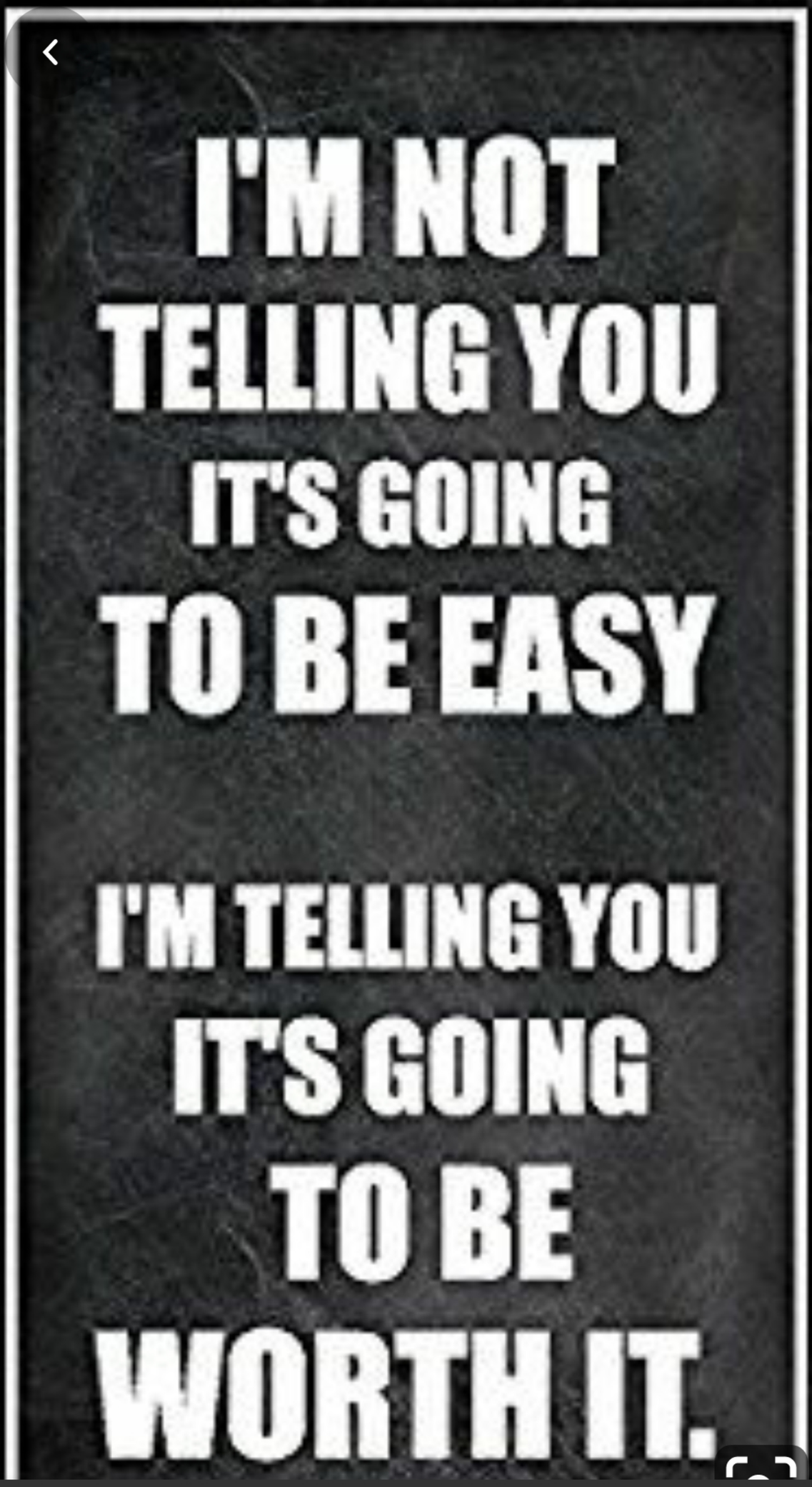
www.ThinkPozitive.com

Besuchen

Merken

Melania Limopranoto

08:15



Besuchen
Merken

12:43

THE PRODUCTIVITY MANIFESTO

1. Plan your day the night before
2. Get the big rocks in
3. Do the hardest task first
4. Single-task: *For high level work*
5. Multi-task: *For low level work*
6. Ditch the unimportant
7. Use a to-list
8. Use a do-later list: *For unimportant tasks*
9. Create your productivity system
10. First be effective, *then be efficient*
11. Quit procrastinating
12. Use productivity tools
13. Meditate: *Clears your mind, Increases focus*
14. Get a headstart
15. Practice 80/20 rule
16. Clear your mind: *Do a brain dump*
17. Be organized
18. Delegate where needed
19. Outsource work better done by others
20. Eliminate time wasters
21. Master your skills
22. Tap into your productivity periods
23. Go with the path of peak enjoyment
24. Just do it
25. Be well rested
26. Learn from the best
27. Search and reapply
28. Improvise on your performance
29. Read productivity materials
30. Create your life handbook
31. Batch similar tasks
32. Use the best tools
33. Reward yourself
34. Learn to say No
35. Quit to win
36. Create a conducive environment
37. Improve your posture
38. Delete limiting thoughts
39. Cut down on commuting time
40. Time box: *Set a fixed amount of time*
41. Set a target
42. Set a deadline
43. Keep your emails in check
44. Plan your task
45. Be on time
46. Visualization
47. Practice makes perfect
48. Use overwhelming force
49. Get a coach
50. Time out *(Have a vacation/break)*

© Celestine Chua; Full article:
http://personalexcellence.co/blog/boost-your-productivity-in-50-ways/

celestinechua
6004 Follower
Folgen
Besuchen
Merken

FIND YOUR PASSION

1. *What was your favorite thing to do growing up?*
2. *When you were a child, what did you dream of doing when you grew up?*
3. *What is your favorite topic to talk about?*
4. *What do you like doing so much that you lose track of time?*
5. *Whose life do you envy the most and why?*
6. *What would you do differently with your education if you got a chance to start over?*
7. *If you had 5 minutes and the whole world was forced to listen, what would you say?*
8. *What would you do with your life if you had no fear?*
9. *What would you do with your life if you had a guarantee of success?*
10. *What would you do with your life if money wasn't an issue?*

Visuelle Suche

FIND YOUR PASSION

1. *What was your favorite thing to do growing up?*
2. *When you were a child, what did you dream of doing when you grew up?*
3. *What is your favorite topic to talk about?*
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FIND YOUR PASSION

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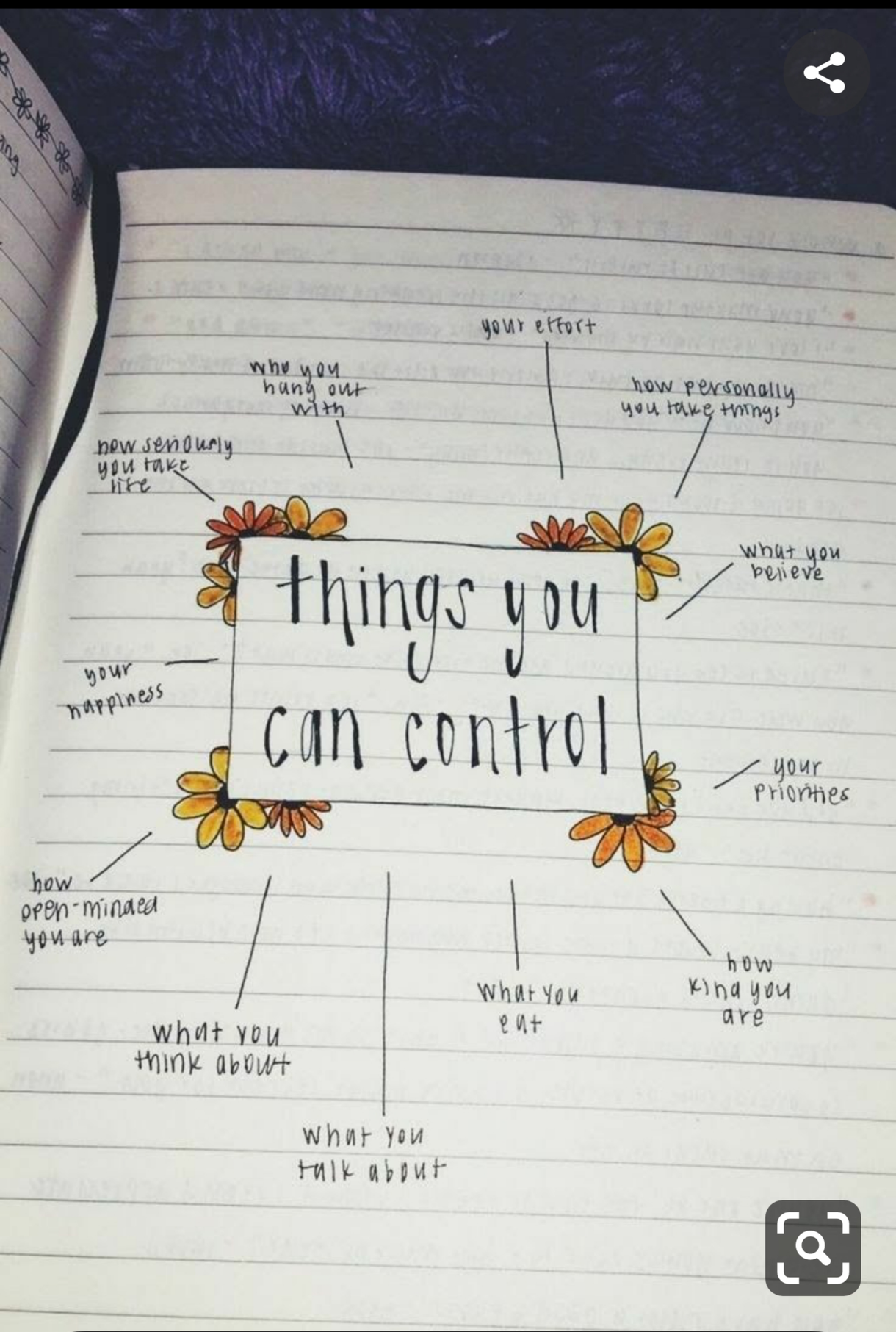
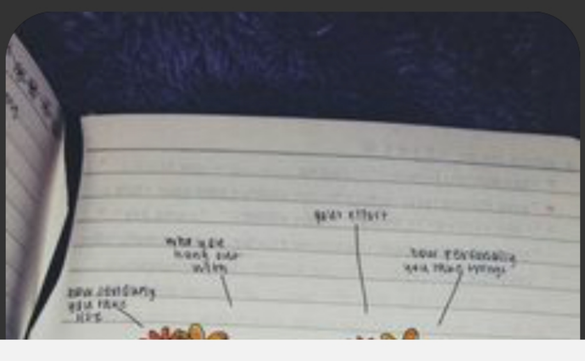
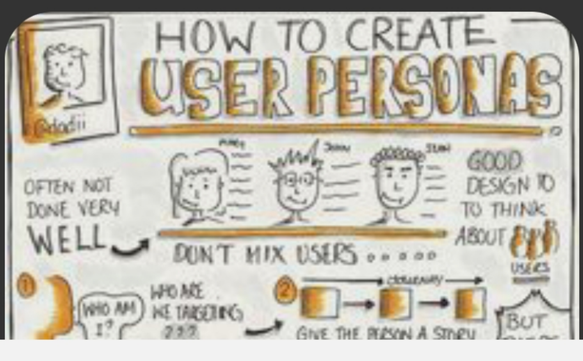


Visuelle Suche





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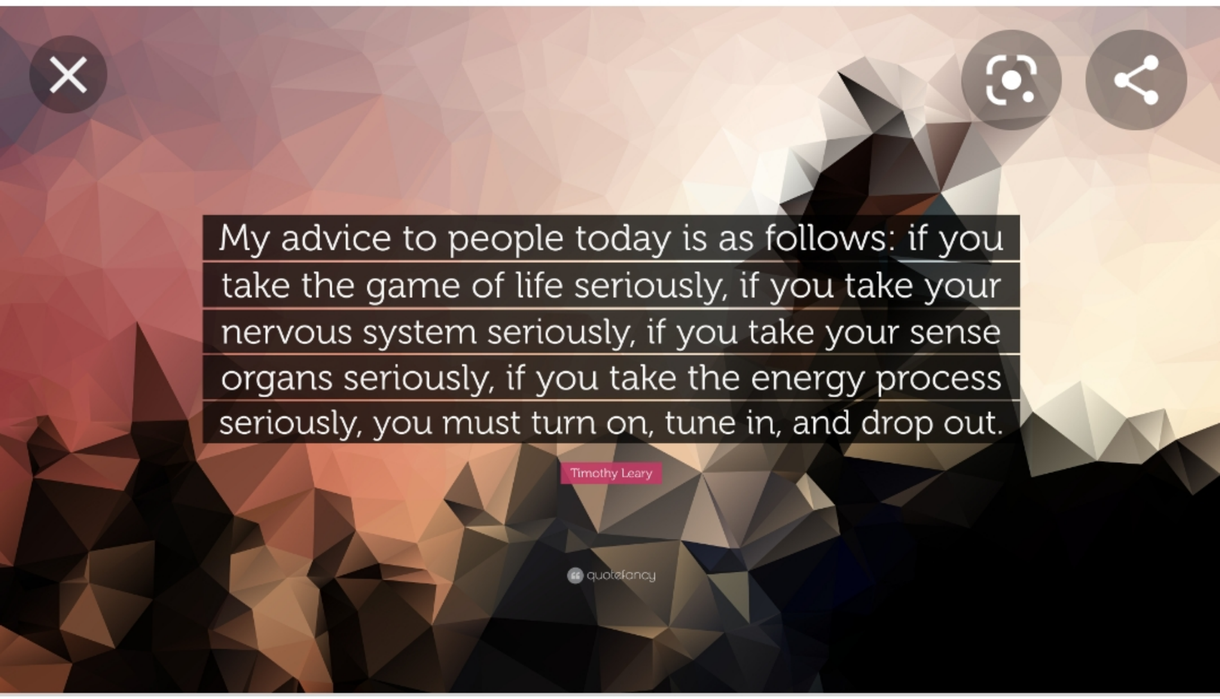


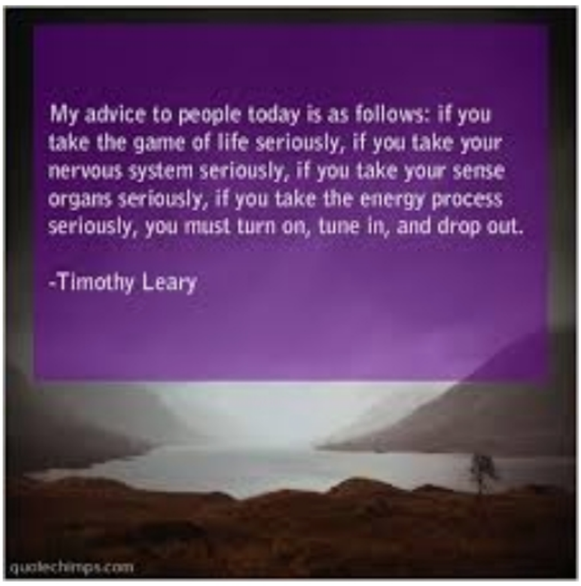
Quotefancy

Besuchen

Timothy Leary Quote: “My advice to people today is as follows: if ...

Die Bilder sind eventuell urheberrechtlich geschützt. **Weitere Infos**

Ähnliche Bilder



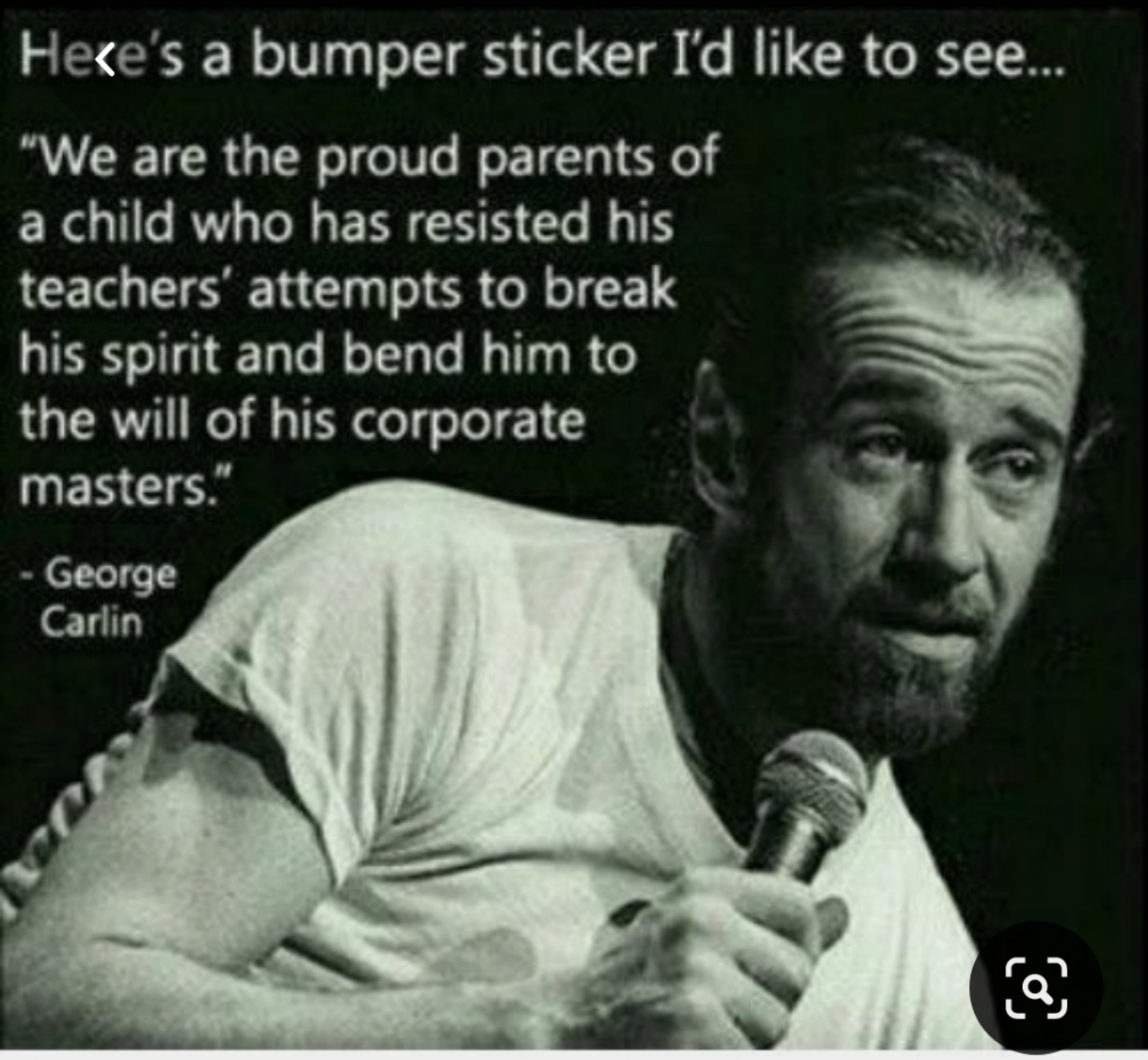
Timothy Leary – Quote Chimps
quotechimps.com

Timothy Leary Quote: “LSD, wisely ...
quotefancy.com

Timothy Leary Quote: “LSD, wisely ...
quotefancy.com

Timothy Leary Quote: “The brain is ...
quotefancy.com

17:33



Tippe, um diesen Pin für später aufzuheben

Folgen

Anzeigen

Merken

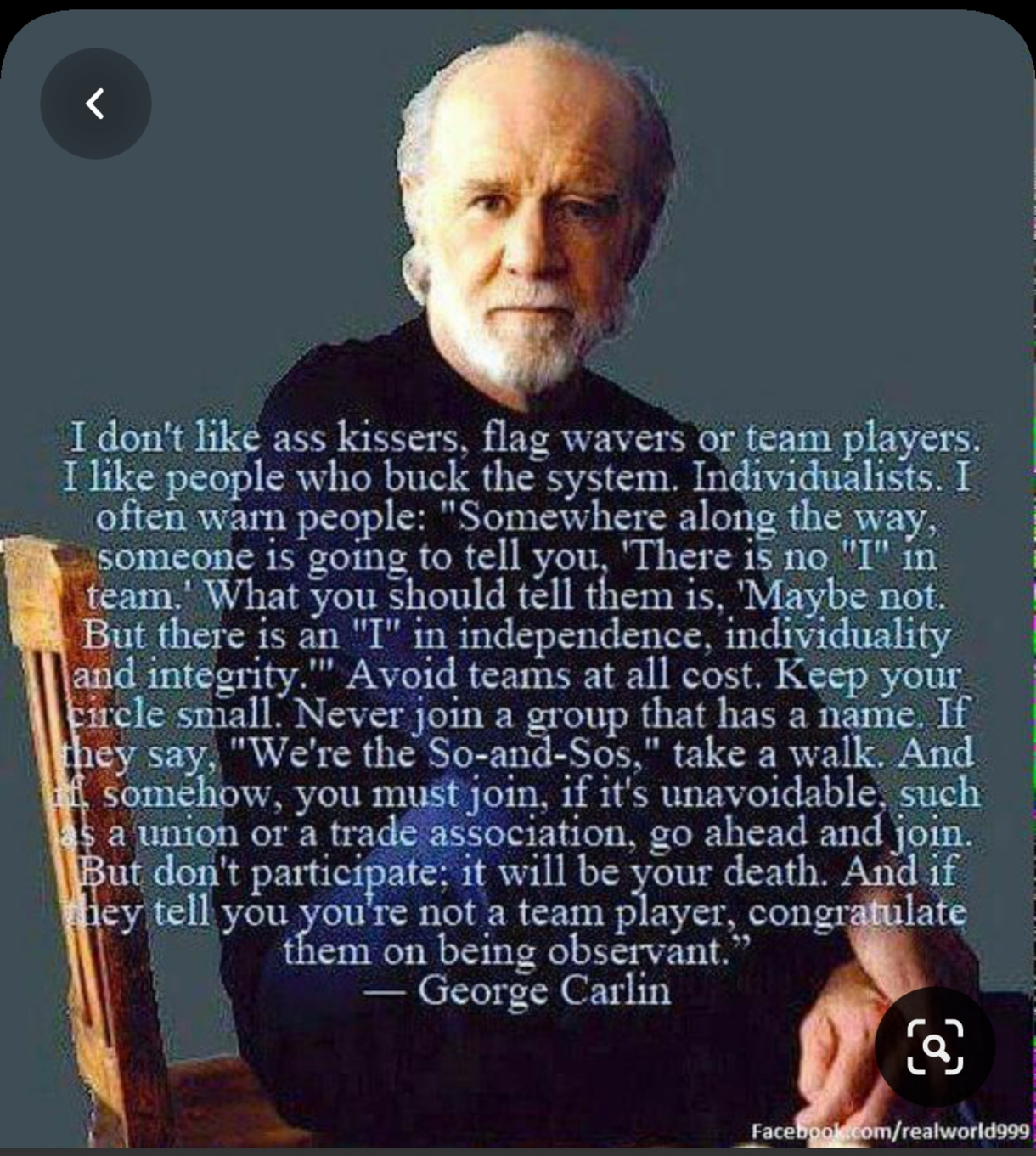
Teile Feedback, stelle eine Frage oder gib ein High Five.

Kommentar hinzufügen

Xeno Phrenia hat sich den Pin

79

21:08



Tippe, um diesen Pin für später aufzuheben

ning.

Besuchen
Merken

Anna Nemo

George had some good points, but I'm a soccer player and used to play baseball lots when I was a kid. :D I

13:57

“Millions of people never analyze themselves.

Mentally they are mechanical products of the factory of their environment, preoccupied with breakfast, lunch, and dinner, working and sleeping, and going here and there to be entertained.
They don’t know what or why they are seeking, nor why they never realize complete happiness and lasting satisfaction.
By evading self-analysis, people go on being robots, conditioned by their environment.
True self-analysis is the greatest art of progress.”

TheMindsJournal

— Paramahansa Yogananda —

The Age Of ENLIGHTENMENT

The Minds Journal
2,4 mio. Follower
Folgen

Millions Of People Never Analyze Themselves

Millions Of People Never Analyze Themselves

Lesen
Merken

Patty Reyher

And we should be grateful they do

09:01 RTL •

Mind ScopIQ

Work ethic is a valuable attribute that employers look for in every industry. Showing the values associated with a good work ethic can increase your employability and help you position yourself for better job opportunities. E... Mehr

AM 21. SEPT. UM 22:53

3

Gefällt mir Kommentieren Teilen

09:07

10 LIFE TIPS

@_JAKEWOODARD

1. **Remember who you are**, before you were told who to be.
2. **Realize that you're in earth school**, your karma is the curriculum that you're working through.
3. **Practice forgiveness.** Be forgiving of yourself and those who have hurt you.
4. **Honor your space** by setting boundaries.
5. **Look for the signs** and synchronicities from The Universe.
6. **Honor your intuition.** It's a superpower.
7. **Practice meditation.** This helps to create space within you so you're not so reactive to life.
8. **Always be a student** and continue learning.
9. Practice **gratitude** often.
10. **Find the humor in things**. Listen for the cosmic giggle of The Universe.

Gefällt mir

Kommentieren

09:08

I've come to realize that the only people I want in my life are the ones who want me in theirs even when I have nothing else to offer them but myself.

Gefällt mir

Kommentieren

09:08

Gefällt mir
Kommentieren

09:08

The butterfly does not look back at the caterpillar in shame, just as you should not look back at your past in shame. Your past was part of your own transformation.

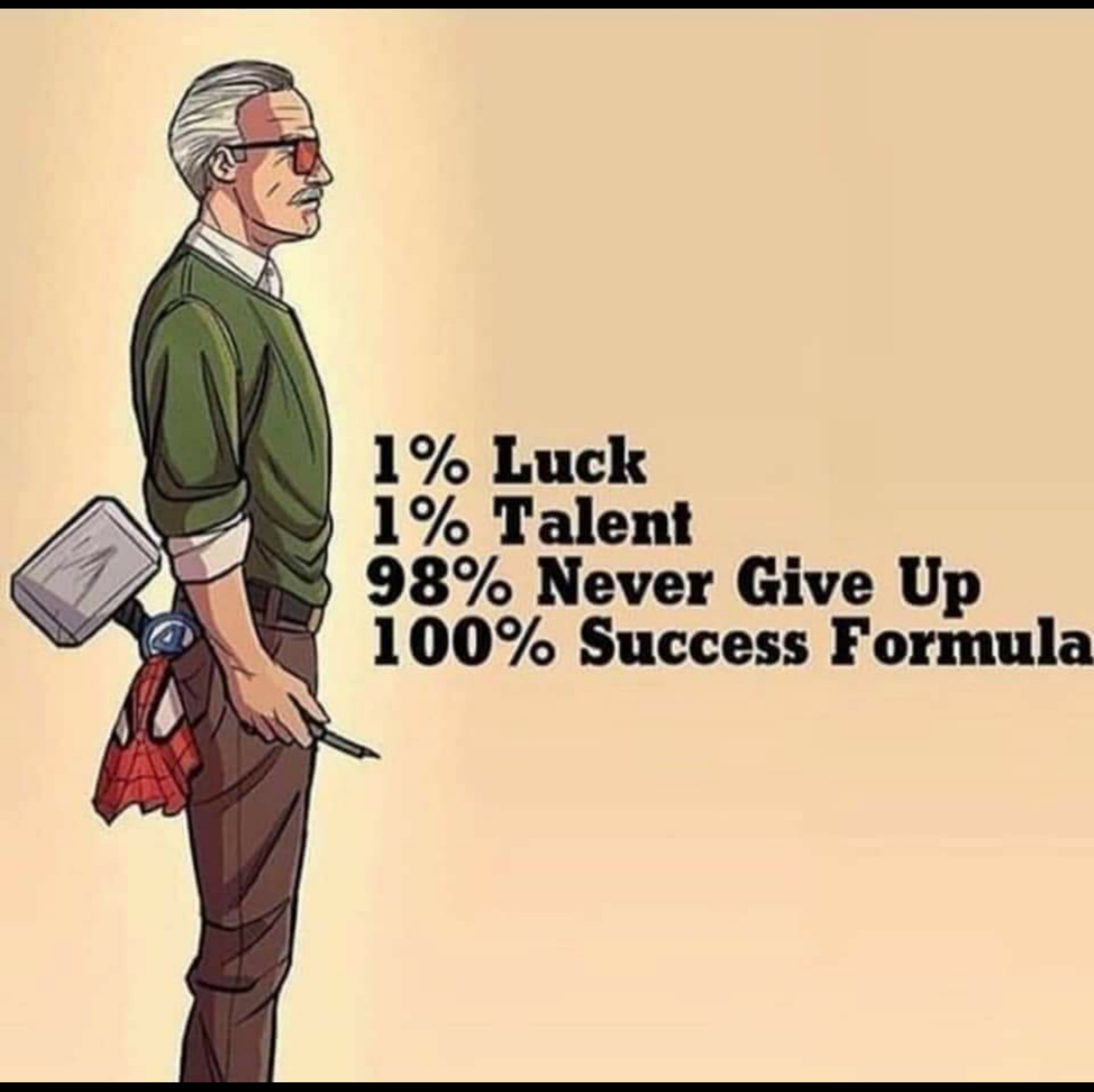
-Anthony Gucciardi

POSITIVE ENERGY

Gefällt mir

Kommentieren

09:08



Gefällt mir
Kommentieren

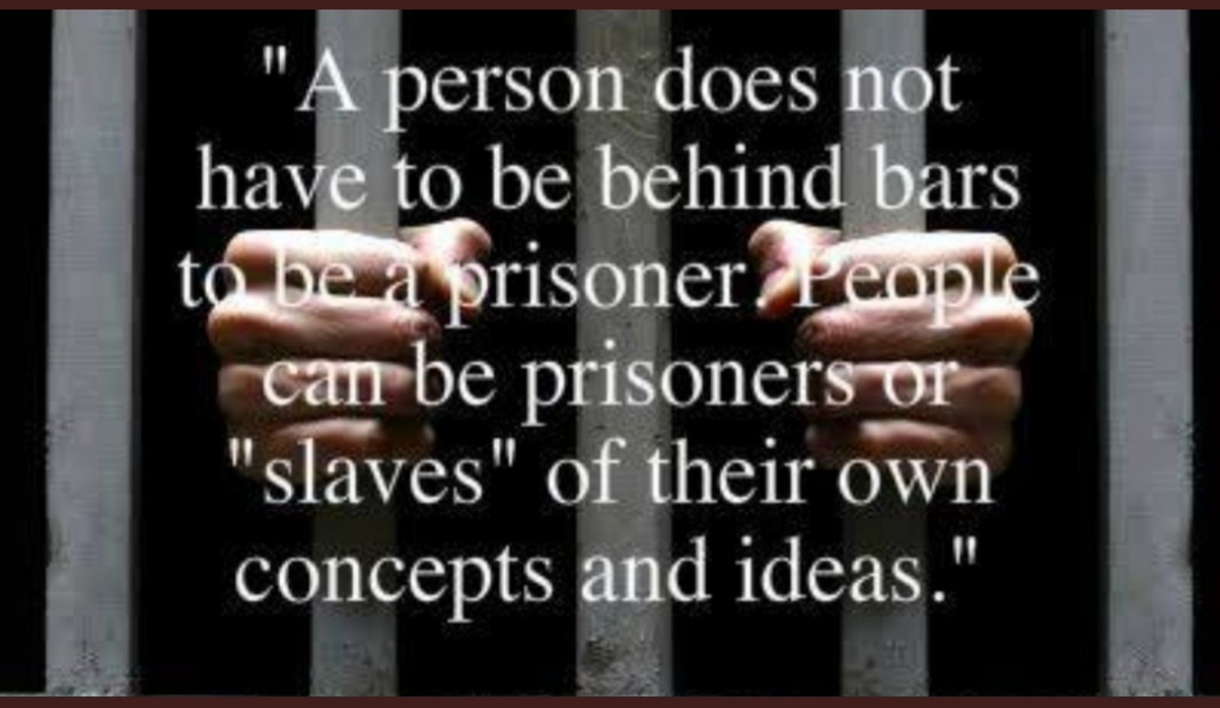
09:25

SUCCESS
and
RELATIONS
never depend on the capability of your brain. But they always depend on the greatness of your behaviour and thoughts.

Good morning

17:55 RTL •

A **shark** in a fish **tank will** grow 8 inches, but in the ocean **it will** grow to 8 feet or more. The **shark will** never **outgrow its** environment and the same is true about you. Many times we're around small thinking people so we don't grow. Change **your** environment and watch **your** growth.


"A person does not
have to be behind bars
to be a prisoner. People
can be prisoners or
"slaves" of their own
concepts and ideas."

11:01

Tweet

Dylan Petesch
@Dylan27854625

OLDQUOTES.COM

Throughout human history, as our species has faced the frightening, terrorizing fact that we do not know who we are, or where we are going in this ocean of chaos, it has been the authorities, the political, the religious, the educational authorities who attempted to comfort us by giving us order, rules, regulations, informing, forming in our minds their view of reality. To think for yourself you must question authority and learn how to put yourself in a state of vulnerable, open-mindedness; chaotic, confused, vulnerability to inform yourself.

-Timothy Leary

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Timothy Leary

WWW.STOREMYPIC.COM

Der Tyrann ist ein Gemisch aus Feigheit, Borniertheit, Willkür, Unverantwortlichkeit und Selbstgefälligkeit. Er repräsentiert also wirklich die Majorität.

(Gabriel Laub)

gutezitate.com